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Groundbreaking Research Shows

How to Regain Healthy Blood Sugar and Lose Weight

One answer to healthy blood sugar levels is found in high-protein low-glycemic nutrition.

People who live with diabetes want better options for getting a handle on their blood sugar, especially their HbA1c levels.

The problem is that, even when we do try to eat right and exercise, our bodies still need extra help from our metabolism to light the fires of our glucose-burning furnace that's necessary for weight loss.

Knowing this, in 1985 German holistic therapist Hubertus Trouillé developed a low-glycemic high-protein formula to be used as nutritional therapy by his patients living with diabetes and slow metabolism.

After following his dietary advice, Trouillé discovered that the formula not only helped his patients increase metabolism but also regain glycemic control and lose weight.

Today, his unique formula, called Almased, has been scientifically studied for over 30 years.

Low-Glycemic High-Protein Nutrition and Glucose Health

In a 2017 study by Kerstin Kempf and a group of German researchers, a 12-week telemedical lifestyle intervention (TeLiPro) was carried out in patients with advanced type 2 diabetes.[1]

It included weekly phone calls by trained diabetes educators who talked about diet, exercise, and options for overall lifestyle changes.

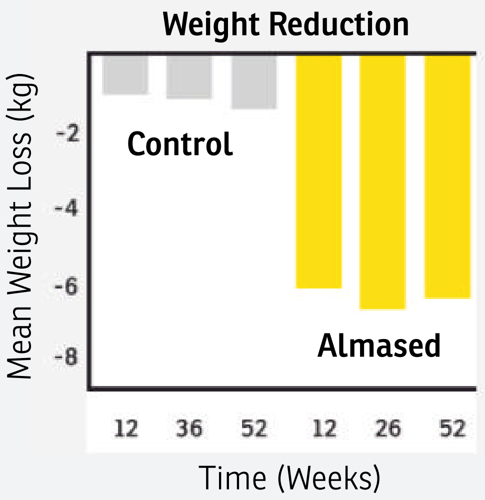
For the first 12 weeks, the TeLiPro group also received a low-glycemic high-protein dietary supplement — in place of three meals a day for the first week, two meals a day for weeks 2 to 4, then one meal a day for weeks 5 to 12.

The results? The HbA1c levels in the LGHP diet group were, on average, reduced by 1.1, from 8.4% to 7.3%.

In this group, there were also significant reductions in fasting blood glucose, body weight, body mass index, blood pressure, cardiovascular risk factors, and requirements for diabetes medications — a 20% lower need for medications and a nearly 50% reduction in insulin needs.

Study results show the Almased participants experienced:

- ✓ Weight loss
- ✓ Healthy HbA1c
- ✓ Reduced hunger
- ✓ Increased quality of life
- ✓ Healthy blood sugar
- ✓ Weight loss



1.Kempf K, et al. Efficacy of the telemedical lifestyle intervention program TeLiPro in advanced stages of type 2 diabetes: A randomized controlled trial. Diabetes Care. 2017 Jul;40(7):863–871.

2.Lean M, et al. Primary care-led weight management for remission of type 2 diabetes (DiRECT): an open-label, cluster-randomised trial. Lancet. 2017;391(10120):541–551.

These improvements were even seen after 52 weeks of follow-up.

Of course, the formula they used was Almased.

There are other lifestyle intervention studies, with other diets, that have had some success, such as the 2017 DiRECT study in the U.K., which suggested that a very-low-calorie total diet replacement for up to 5 months, along with coaching by health practitioners, could achieve weight loss and reductions in HbA1c levels.[2]

But the U.K. study was hard to follow (25% dropped out), had some unwanted side effects, and had a 2:1 ratio of carbs to protein.

The German researchers chose a formula that was high in protein (Almased) but low in carbohydrates (nearly 2:1 protein to carbs), knowing that more protein in the diet naturally reduces insulin demand and increases fat burning.

The takeaway from this research, and other published studies, is that while supporting glycemic control can be hard, it can be easier when our metabolism is working with us.

The high-protein, scientifically proven, Almased Diet can help you reduce your HbA1c and blood sugar levels while supporting glycemic control.

What makes Almased so different?

Made from high-quality soy, probiotic yogurt and enzyme-rich honey, Almased® is diabetic-friendly — 27 on the Glycemic Index score.

Almased can:

- Lower HbA1c and blood-sugar levels.*
- Burn fat while retaining muscle.*
- Aid the gut microbiome in supporting digestive and immune health.*
- Curb cravings and support a healthy balance of the hunger hormones, leptin and ghrelin.*
- Boost energy and support mood.*

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✓ **Bioactive peptides.**

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To learn more and to download your free diet plan go to **almased.com/DM01E** or call us toll-free at **1-877-256-2733** or e-mail us at **info@almased.com**.

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Results are not typical. Individual results may vary based on starting weight and program adherence.
These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

contents

••• SPRING 2021 •••

Features

24 **New Diabetes Tools**
This year has seen many new devices, drugs and resources for diabetes introduced to the U.S. market.

28 **Health in the Palm of Your Hand**
Learn about some top apps to improve health and diabetes care in 2021.

32 **Give Hearing Aids A Chance**
The proper hearing aids can help greatly improve day-to-day life. Find out about the latest technology.

34 **Top Picks: Diabetes-Friendly Foods**
These options provide nutrition, taste great and will fit nicely into your diabetes eating plan.

At The Table

38 **Step Into Spring**
Delicious, no-fuss recipes for a healthful breakfast. Plus, seafood, beef and yogurt collections.

The Dose

9 News & Notes
13 Quiz
15 Product Spotlight
16 Ask Away
17 Curmudgeonly Athlete

Healthy Living

18 The Right Moves
20 Weighty Matters
21 Smart Smarter Smartest
22 Food for Thought

In Every Issue

4 Editor's Note
63 Recipe Index
64 Final Countdown

On the cover: Honey-Mustard Salmon. For a list of all the delicious recipes in this issue, see page 63.

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Dear Readers,

Spring is in the air! If you're looking for tools that can help you get a fresh start on your diabetes management routine, you've come to the right place. Interested in learning about devices and medications that have recently hit the market? Turn to "New Diabetes Tools" (page 24). Curious about apps that can help you manage your meal plan, improve your sleep, bolster your mental health and more? Check out "Tech to the Rescue" (page 22) and "Health in the Palm of Your Hand" (page 28). Seeking fare that can stabilize your blood sugar and satisfy your taste buds? Read our roundup of "Top Picks: Diabetes-Friendly Foods" (page 34), selected by a diabetes educator and registered dietitian. No matter what you seek, you're sure to find something that can help simplify your regimen and improve your health!

If you've recently found yourself cranking up the volume on the TV or asking others to repeat themselves, you'll want to learn more about another type of technology that can improve your health and quality of life: hearing aids. Studies show that hearing loss is twice as common in people with diabetes, and hearing impairment can impact both quality of life and cognitive function. To learn about types of hearing aids on the market, along with how to choose and use a device, see "Give Hearing Aids a Chance" (page 32).

Another common but not frequently discussed concern in people with diabetes is pain and stiffness in joints. In "Freely Movable Joints" (page 18), learn about some common issues that affect the joints, and find several exercises that can be done in just a few minutes to help keep them healthy and limber.

We hope these pages help guide you toward a happier and healthier year ahead. Be well and happy spring!

All the best,

Diane Fennell

Diane Fennell
Editorial Director, Wellness Division

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Editorial Director, Wellness Division
Diane Fennell

Food Editor
Lorena Drago, MS, RDN, CDN, CDCES

ART & PRODUCTION

Senior Designer
Scott Brandsgaard

SALES & MARKETING

Senior Media Solutions Manager
Bob Beucler
bbeucler@madavor.com

Client Services
clientservices@madavor.com

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*Source: Verywell Health

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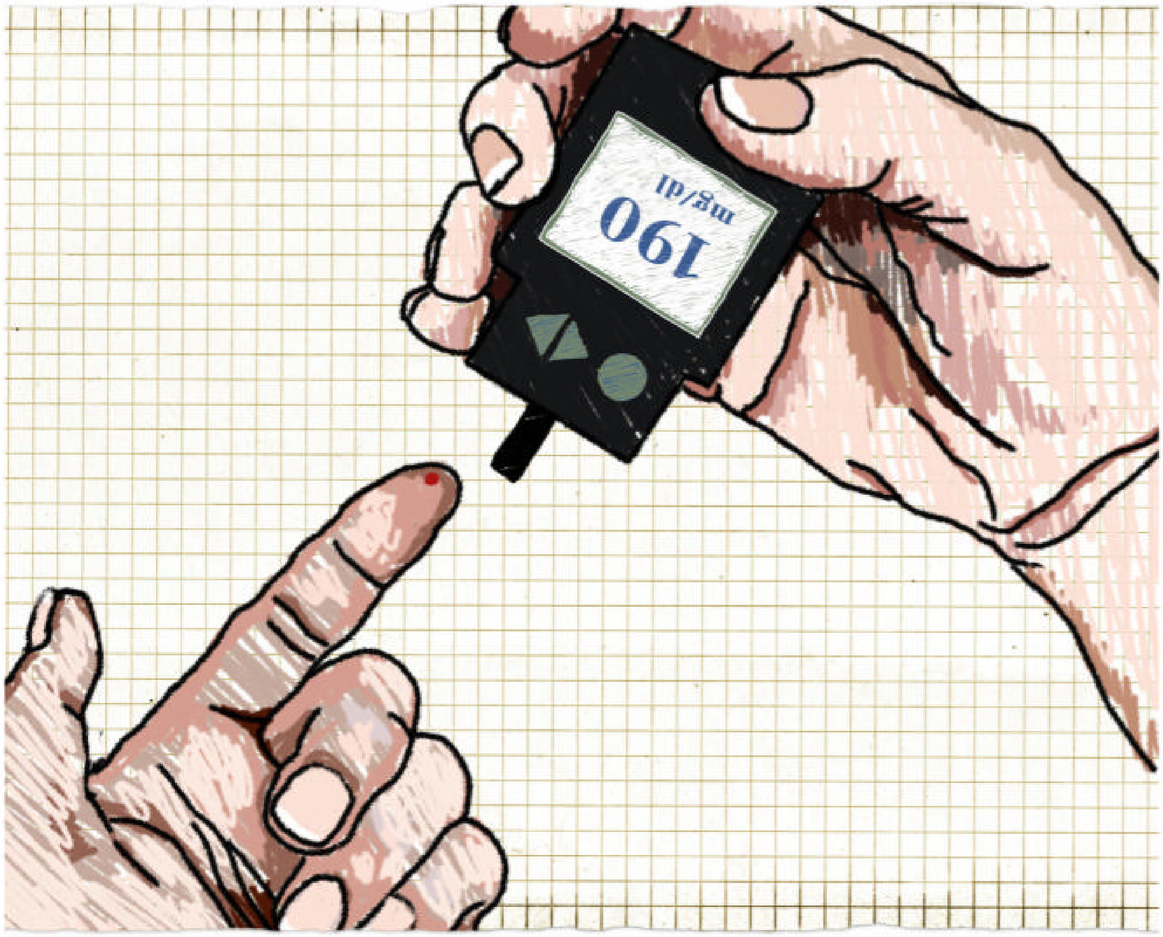

Managing High Blood Glucose

When you were diagnosed with diabetes, your doctor probably told you that your blood glucose levels were too high. Indeed, high blood glucose, or hyperglycemia, is the hallmark of diabetes. Get our tips for managing high blood glucose levels. bit.ly/ManagingHighBloodGlucose

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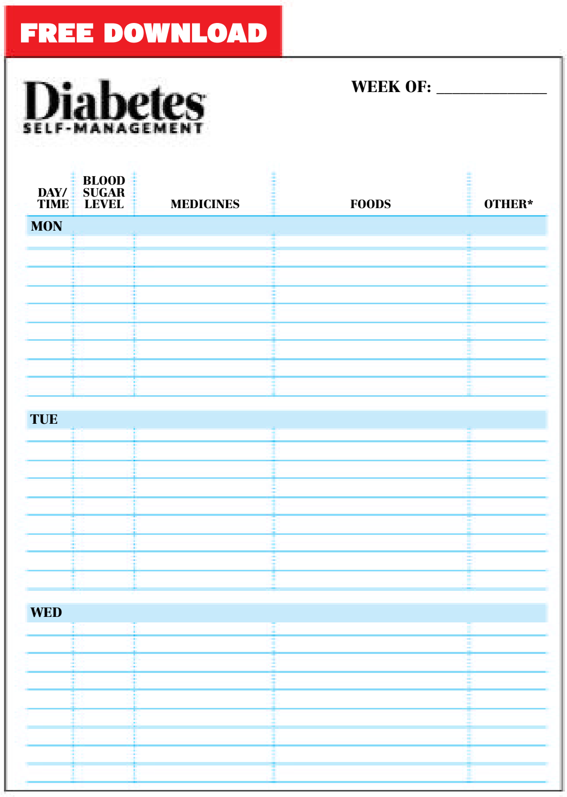


Diabetes SELF-MANAGEMENT

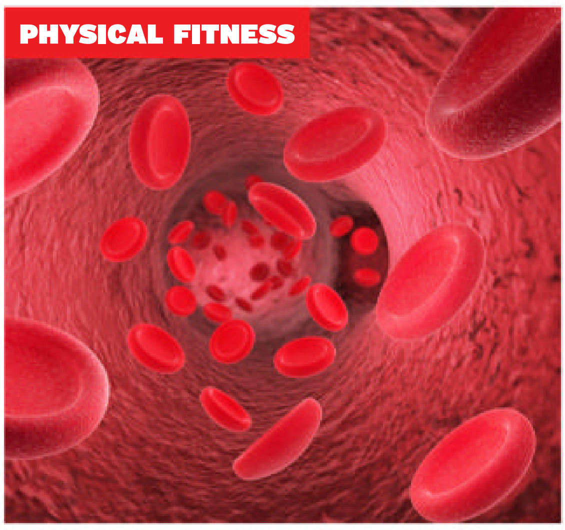
WEEK OF: ____________

DAY/ TIME	BLOOD SUGAR LEVEL	MEDICINES	FOODS	OTHER*
MON				
TUE				
WED				

Diabetes Logbook

Want to keep track of your blood glucose readings to help you better manage your condition? With our free printable diabetes logbook sheets, you'll be able to monitor the effects of food, exercise, medicines and more. One sheet tracks levels for a week.

bit.ly/FreeDiabetesLogbook



Circulation Exercises

Need help improving your circulation? Try these simple movements at home, the office or your desk to help relax your heart, improve blood flow and feel refreshed.

bit.ly/CirculationExercises

Is Almond Milk Good for Diabetes?

Before you head to the supermarket to stock up on almond milk, it's important to evaluate the various types, as not all are healthy choices. Learn about the pros and cons of this plant milk for people with diabetes.

bit.ly/AlmondMilkAndDiabetes

Greek Salad

Crunchy and refreshing, this authentic low-carb recipe is the perfect complement to any Mediterranean-themed meal. Fresh tomatoes, cucumber, onion, Kalamata olives and Feta cheese serve as the base, all topped with a homemade dressing.

bit.ly/LowCarbGreekSalad

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For adults with type 2 diabetes (T2D), along with diet and exercise, once-daily RYBELSUS® can help lower blood sugar

Wake Up to the Possibilities of Reaching Your A1C Goal

RYBELSUS® is proven to lower blood sugar and A1C

In a 6-month study of people with an average starting A1C of 8%, the majority of **people taking RYBELSUS® reached an A1C of less than 7%**[a]:

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- Nearly 8 out of 10 people on 14 mg of RYBELSUS®
- About 3 out of 10 people on a sugar pill

RYBELSUS® may help you lose some weight

While not for weight loss, in the same 6-month study, people with an average starting weight of 195 pounds **lost up to 8 pounds**[a]:

- 5 pounds on 7 mg of RYBELSUS®
- 8 pounds on 14 mg of RYBELSUS®
- 3 pounds on a sugar pill

While many people in medical studies lost weight, some did gain weight.

RYBELSUS® does not increase the risk of major cardiovascular (CV) events such as heart attack, stroke, or death[b]

[a] In a 6-month study looking at A1C with 703 adults with T2D comparing 7 mg RYBELSUS® and 14 mg RYBELSUS® with a sugar pill when both were added to diet and exercise.

[b] In a cardiovascular safety study, 3183 adults with T2D and a high risk of CV events were treated with either 14 mg RYBELSUS® or a sugar pill in addition to their usual diabetes and CV medications.

WAKE UP&
RYBELSUS®

If eligible, **you may pay as little as $10 for a 30-day prescription**[c]

Text[d] **RESULTS to 44535** to learn more about RYBELSUS®

What is Rybelsus®?

Rybelsus® (semaglutide) tablets 7 mg or 14 mg is a prescription medicine for adults with type 2 diabetes that along with diet and exercise may improve blood sugar (glucose).

- Rybelsus® is not recommended as the first choice of medicine for treating diabetes
- It is not known if Rybelsus® can be used in people who have had pancreatitis
- Rybelsus® is not for use in people with type 1 diabetes and people with diabetic ketoacidosis
- It is not known if Rybelsus® is safe and effective for use in children under 18 years of age

Important Safety Information

What is the most important information I should know about Rybelsus®?

Rybelsus® may cause serious side effects, including:

- **Possible thyroid tumors, including cancer.** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, Rybelsus® and medicines that work like Rybelsus® caused thyroid tumors, including thyroid cancer. It is not known if Rybelsus® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people

Do not use Rybelsus® if:

- you or any of your family have ever had MTC, or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)
- you are allergic to semaglutide or any of the ingredients in Rybelsus®

Before using Rybelsus®, tell your healthcare provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys
- have a history of vision problems related to your diabetes
- are pregnant or plan to become pregnant. It is not known if Rybelsus® will harm your unborn baby. You should stop using Rybelsus® 2 months before you plan to become pregnant. Talk to your healthcare provider about the best way to control your blood sugar if you plan to become pregnant or while you are pregnant
- are breastfeeding or plan to breastfeed. Breastfeeding is not recommended during treatment with Rybelsus®

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Rybelsus® may affect the way some medicines work and some medicines may affect the way Rybelsus® works.

What are the possible side effects of Rybelsus®?

Rybelsus® may cause serious side effects, including:

- **inflammation of your pancreas (pancreatitis).** Stop using Rybelsus® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back
- **changes in vision.** Tell your healthcare provider if you have changes in vision during treatment with Rybelsus®
- **low blood sugar (hypoglycemia).** Your risk for getting low blood sugar may be higher if you use Rybelsus® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. **Signs and symptoms of low blood sugar may include:** dizziness or lightheadedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, and feeling jittery
- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration
- **serious allergic reactions.** Stop using Rybelsus® and get medical help right away, if you have any symptoms of a serious allergic reaction including itching, rash, or difficulty breathing

The most common side effects of Rybelsus® may include nausea, stomach (abdominal) pain, diarrhea, decreased appetite, vomiting, and constipation. Nausea, vomiting, and diarrhea are most common when you first start Rybelsus®.

Please see Brief Summary of Prescribing Information on adjacent page.

[c] Commercially insured patients only. Offer valid for up to six 30-day fills. Eligibility and other restrictions apply.

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Brief Summary of information about RYBELSUS® (semaglutide) tablets

RYBELSUS®
semaglutide tablets 7mg|14mg

Rx Only

This information is not comprehensive.

- Talk to your healthcare provider or pharmacist
- Visit www.novo-pi.com/rybelsus.pdf to obtain the FDA-approved product labeling
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Read this Medication Guide before you start using RYBELSUS® and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about RYBELSUS®?

RYBELSUS® may cause serious side effects, including:

- **Possible thyroid tumors, including cancer.** Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, RYBELSUS® and medicines that work like RYBELSUS® caused thyroid tumors, including thyroid cancer. It is not known if RYBELSUS® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.
- Do not use RYBELSUS® if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC), or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

What is RYBELSUS®?

RYBELSUS® is a prescription medicine used along with diet and exercise to improve blood sugar (glucose) in adults with type 2 diabetes.

- RYBELSUS® is not recommended as the first choice of medicine for treating diabetes.
- It is not known if RYBELSUS® can be used in people who have had pancreatitis.
- RYBELSUS® is not for use in patients with type 1 diabetes and people with diabetic ketoacidosis.

It is not known if RYBELSUS® is safe and effective for use in children under 18 years of age.

Do not use RYBELSUS® if:

- you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
- you are allergic to semaglutide or any of the ingredients in RYBELSUS®.

Before using RYBELSUS®, tell your healthcare provider if you have any other medical conditions, including if you:

- have or have had problems with your pancreas or kidneys.
- have a history of vision problems related to your diabetes.
- are pregnant or plan to become pregnant. It is not known if RYBELSUS® will harm your unborn baby. You should stop using RYBELSUS® 2 months before you plan to become pregnant. Talk to your healthcare provider about the best way to control your blood sugar if you plan to become pregnant or while you are pregnant.
- are breastfeeding or plan to breastfeed. Breastfeeding is not recommended during treatment with RYBELSUS®.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. RYBELSUS® may affect the way some medicines work and some medicines may affect the way RYBELSUS® works.

Before using RYBELSUS®, talk to your healthcare provider about low blood sugar and how to manage it. Tell your healthcare provider if you are taking other medicines to treat diabetes, including insulin or sulfonylureas.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take RYBELSUS®?

- Take RYBELSUS® exactly as your healthcare provider tells you to.
- Take RYBELSUS® by mouth on an empty stomach when you first wake up.
- Take RYBELSUS® with a sip of water (no more than 4 ounces).
- Do not split, crush or chew. Swallow RYBELSUS® whole.
- After 30 minutes, you can eat, drink, or take other oral medications. RYBELSUS® works best if you eat 30 to 60 minutes after taking RYBELSUS®.
- If you miss a dose of RYBELSUS®, skip the missed dose and go back to your regular schedule.
- Talk to your healthcare provider about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.

What are the possible side effects of RYBELSUS®?

RYBELSUS® may cause serious side effects, including:

- **See "What is the most important information I should know about RYBELSUS®?"**
- **inflammation of your pancreas (pancreatitis).** Stop using RYBELSUS® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.
- **changes in vision.** Tell your healthcare provider if you have changes in vision during treatment with RYBELSUS®.
- **low blood sugar (hypoglycemia).** Your risk for getting low blood sugar may be higher if you use RYBELSUS® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. **Signs and symptoms of low blood sugar may include:**
  - dizziness or light-headedness
  - anxiety, irritability, or mood changes
  - slurred speech
  - shakiness
  - fast heartbeat
  - hunger
  - weakness
  - feeling jittery
  - blurred vision
  - sweating
  - confusion or drowsiness
  - headache
- **kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration) which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration.
- **serious allergic reactions.** Stop using RYBELSUS® and get medical help right away, if you have any symptoms of a serious allergic reaction including itching, rash, or difficulty breathing.

The most common side effects of RYBELSUS® may include nausea, stomach (abdominal) pain, diarrhea, decreased appetite, vomiting and constipation. Nausea, vomiting and diarrhea are most common when you first start RYBELSUS®.

Talk to your healthcare provider about any side effect that bothers you or does not go away. These are not all the possible side effects of RYBELSUS®.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store RYBELSUS®?

- Store RYBELSUS® at room temperature between 68°F and 77°F (20°C to 25°C).
- Store in a dry place away from moisture.
- Store tablet in the original pack.
- Keep the tablet in the pack until you are ready to take it.
- **Keep RYBELSUS® and all medicines out of the reach of children.**

Revised: 01/2020

Manufactured by: Novo Nordisk A/S, DK-2880 Bagsvaerd, Denmark

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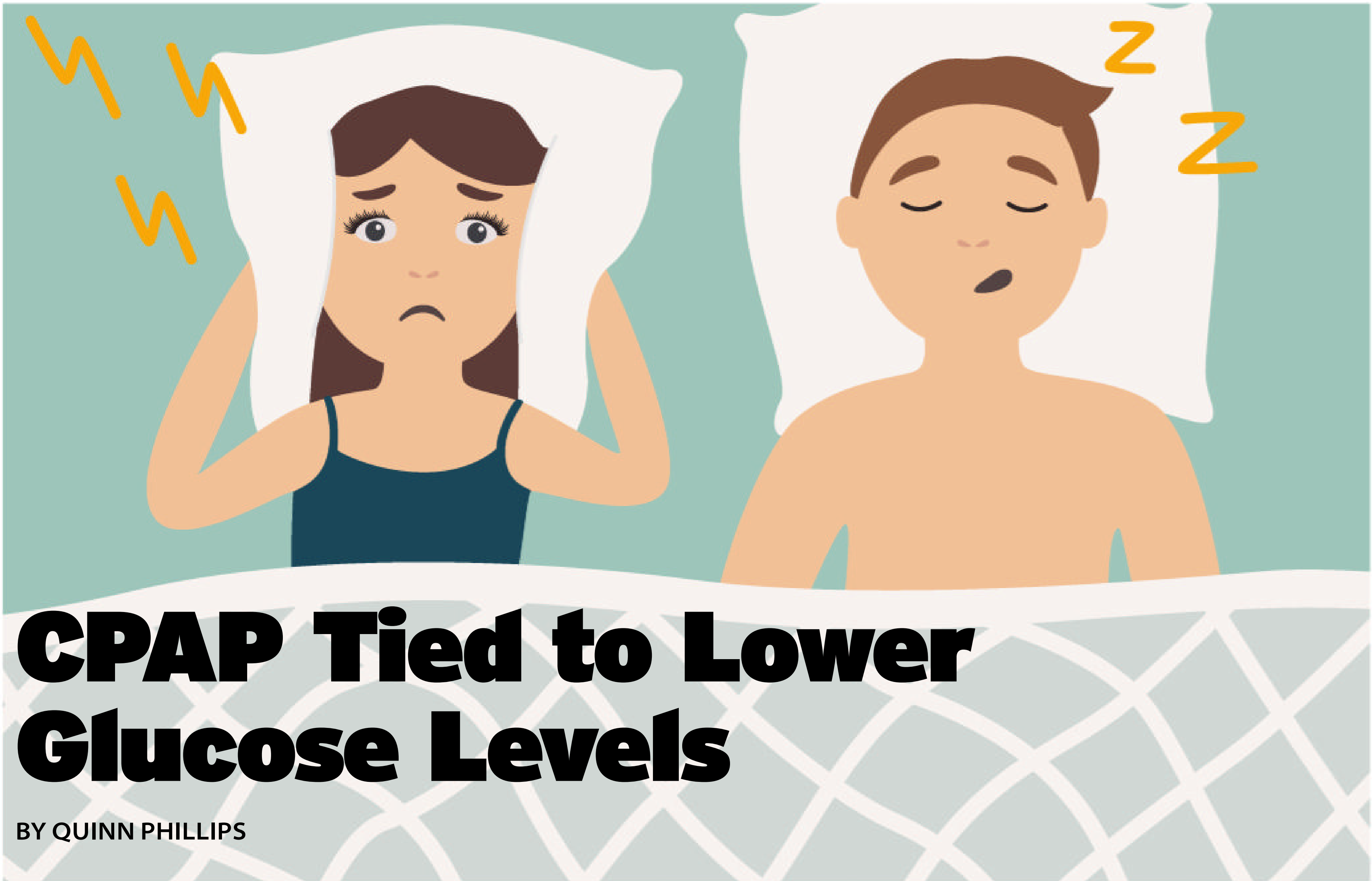

CPAP Tied to Lower Glucose Levels

BY QUINN PHILLIPS

Most people with diabetes are familiar with several factors that can raise their blood glucose levels—including high-carbohydrate meals, inadequate physical activity, and not taking insulin or other medications as prescribed or directed. In some people, psychological or physical stress can also raise blood glucose levels.

Ongoing research is also identifying other health conditions that can contribute to higher blood glucose levels in people with diabetes. One of those conditions is obstructive sleep apnea (OSA), in which the airways temporarily get blocked during sleep, stopping a person's breathing for a period of time. Sleep apnea has been associated with a number of bad health outcomes, and a new study suggests that it's particularly bad for people with diabetes—but that effectively treating it can help people with diabetes achieve better blood glucose control.

The study, published in the journal *Diabetes, Obesity and Metabolism*, was an analysis of seven previous clinical trials that included 691 participants with both sleep apnea and type 2 diabetes. These clinical trials all compared a standard treatment for sleep apnea—continuous positive airway pressure (CPAP), which uses a machine to support breathing while you sleep—with either a sham CPAP treatment (a machine that does nothing to support breathing) or no treatment at all.

The researchers found that compared with either a sham treatment or no treatment, CPAP lowered participants' HbA1c (a measure of long-term blood glucose control) by an average of 0.32%. The treatment also led to improvements in fasting blood glucose and blood pressure. While the differences in HbA1c and fasting blood glucose weren't huge in absolute terms, they were found to be statistically significant and could, over time, lead to improved outcomes in people with diabetes.

It's notable that all of the clinical trials included in the analysis were randomized, meaning that participants didn't know what treatment they would receive when they enrolled. This means the results are more reliable than those of observational studies—which simply look at outcomes based on what treatments people are already receiving—since people who are more motivated to treat their sleep apnea effectively may also be more motivated to control their diabetes.

The signs of sleep apnea aren't always clear to a person with the condition, since you may not be woken up by its symptoms. But a partner who sleeps with you may notice that your breathing stops for longer than usual, or that you snore loudly. It's worth noting, though, that not everyone who snores has sleep apnea, and not everyone with sleep apnea snores.

Many people with sleep apnea wake up with a dry mouth or headache. They may also experience fatigue or mood swings during the day, since the condition can interfere with getting enough restful sleep. The consequences of this fatigue can be significant, potentially leading to lower productivity, falling asleep at work and even falling asleep while driving.

If you suspect that you could have sleep apnea, talk to your doctor about getting tested for the condition. **DSM**

SHUTTERSTOCK

SHUTTERSTOCK

Hot Baths May Improve Glucose Control in Type 2

BY QUINN PHILLIPS

Most people with type 2 diabetes are aware of some basic recommendations for keeping blood glucose levels under control—such as taking medications as prescribed, getting enough physical activity and following a healthy diet. But a new study highlights a potential tool for blood glucose management that isn't mentioned very much: taking hot baths.

The new study suggests that regular heat exposure may have a beneficial effect on blood glucose control, as noted in a summary on the study from the journal *Diabetologia*. While previous studies have shown health benefits associated with heat therapy—such as hot tubs and saunas—in people with diabetes in controlled settings, the latest study is the first to look at the impact of real-world bath-taking habits in a large group of people with diabetes.

For the study, researchers at Kohnodai Hospital in Japan gave a questionnaire on bath-taking habits to nearly 1,300 patients with type 2 diabetes. The results of the questionnaire were then compared with health-related measures taken as part of their regular appointments at the outpatient unit of the hospital.

Based on their responses in the questionnaire, participants were divided into three groups: those who took four or more baths per week, those who took one to four baths per week, and those who took less than one bath per week. On average, participants took a bath 4.2 times per week, with an average duration of 16 minutes.

The researchers found that taking more baths per week was associated with lower HbA1c (a measure of long-term blood glucose control), lower body weight, smaller waist circumference and lower blood pressure. Even after adjusting for factors like age, sex, body-mass index (BMI, a measure of body weight that takes height into account), and use of insulin and oral diabetes drugs, they found that there was still a small but significant link between baths per week and HbA1c—with average HbA1c levels of 7.10%, 7.20% and 7.36% in each of the three bath-taking groups, from the most to the fewest baths.

After adjusting for age and sex, frequency of baths was also independently linked to BMI, with an average BMI of 25.5, 26.0 and 26.7 in each bath-taking group from most to fewest baths. Lower blood pressure was also independently tied to greater bath frequency after adjusting for age, sex and the number of blood pressure drugs participants took.

The researchers concluded that "daily heat exposure through hot-tub bathing has beneficial influences on cardiovascular risk factors in patients with type 2 diabetes." While the effect of taking hot baths on your blood glucose control may be minimal, those benefits still appear to be real—and the potential for additional benefits like lower blood pressure and a lower body weight may further reduce your risk for health complications related to diabetes. **DSM**

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SHUTTERSTOCK

Diabetes Drugs to Combat COVID-19?

BY JOSEPH GUSTAITIS

Can drugs used to treat diabetes help fight the COVID-19 pandemic? A growing number of researchers think so and are actively pursuing studies into the matter.

There are good reasons to think the medications might be effective in COVID treatment. At a recent Heart in Diabetes (virtual) meeting, Mikhail Kosiborod, MD, pointed out that COVID-19 is not just a viral disease—it's also both a systemic disease (that is, it affects the entire body, not just a part of it) and a cardiometabolic disease. (A cardiometabolic disease is one that combines cardiovascular risk with metabolic problems, such as insulin resistance and diabetes. Cardiometabolic diseases tend to share common risk factors).

COVID-19 strikes the same body systems that cardiometabolic disease does, which might explain why the virus often affects people with diabetes and other cardiometabolic diseases more severely. Two classes of diabetes medications are of special interest in the war on COVID-19: glucagon-like peptide 1 (GLP-1) receptor agonists and SGLT2 inhibitors.

According to M. Regina Castro, MD, of the Mayo Clinic, GLP-1 receptor agonist diabetes drugs "mimic the action of a hormone called glucagon-like peptide 1. When blood sugar levels start to rise after someone eats, these drugs stimulate the body to secrete more insulin. The extra insulin helps lower blood sugar levels." Well-known GLP-1 receptor agonist drugs include dulaglutide (brand name Trulicity), exenatide (Byetta, Bydureon), semaglutide (Ozempic, Rybelsus), lixisenatide (Adlyxin) and liraglutide (Victoza). At the Heart in Diabetes meeting, Mansoor Husain, MD, proposed that GLP-1 receptor agonist diabetes drugs might be used to treat the COVID-caused vascular complications that excessively affect diabetes patients. A Canadian initiative called the SEMPATICO trial has recently been established to test the effectiveness of semaglutide in lowering the death rate among certain COVID patients, as well as their need for cardiorespiratory support, such as a ventilator.

The other diabetes drugs COVID researchers are seriously looking at are the sodium glucose cotransporter 2 (SGLT2) inhibitors. SGLT2 inhibitors inhibit the proteins in the kidneys that promote returning glucose into the blood. This causes blood sugar to discharge into the urine, thereby lowering the amount of glucose in the blood. Four SGLT2 inhibitors are currently available: canagliflozin (Invokana), dapagliflozin (Farxiga), empagliflozin (Jardiance) and ertugliflozin (Steglatro). The main reason researchers think these medications might help COVID patients is because they help many of the processes damaged by viruses. According to Husain, "We already know that SGLT2s provide organ protection." Studies have previously demonstrated that they are of value in treating heart failure and kidney disease as well as diabetes. Kosiborod is leading a research team that is conducting a trial called DARE-19, which has enrolled about 900 participants to study the potential of dapagliflozin in safely and effectively treating people with COVID who are at risk of serious complications. **DSM**

QUIZ

DIABETES AND WALKING

BY LISA CANTKIER

When you have a busy schedule, finding time for physical fitness can be challenging. Why not consider something as simple as walking? It can provide more positives than many of us may realize. (Before starting a new fitness program, consult with your healthcare provider to ensure it is safe for you.)

1. To achieve any health benefits, you need to participate in higher-intensity activities at least once or twice a week in addition to walking.

○ **True** ○ **False**

2. People with diabetes who walk every day for 30 to 60 minutes can obtain which benefits?

○ **A.** Improved glucose control.
○ **B.** Improved cardiovascular fitness.
○ **C.** Improved weight control.
○ **D.** All of the above.

3. Walking is associated with which of the following in people with diabetes?

○ **A.** Decreased A1C levels.
○ **B.** Reduced body-mass index.
○ **C.** Lowered diastolic blood pressure.
○ **D.** All of the above.

4. Which of the following statements is correct?

○ **A.** Moderate exercise such as brisk walking by itself can reduce the risk of type 2 diabetes.
○ **B.** Moderate exercise such as brisk walking cannot reduce the risk of type 2 diabetes.
○ **C.** Moderate exercise such as brisk walking can increase the risk of type 2 diabetes.
○ **D.** Only high-intensity exercise can reduce the risk of type 2 diabetes.

5. When it comes to walking for diabetes prevention and control, the number of steps you take matters.

○ **True** ○ **False**

See page 14 for answers.

SHUTTERSTOCK

Thanks to BetterWOMAN, I'm winning the battle for **Bladder Control.**

Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public– for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and uncomfortable liners and pads, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN**®.

When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!

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QUIZ ANSWERS

See page 13 for questions.

1. False. In a study published in the journal *Diabetes Care*, researchers found that it is not necessary to do a lot of strenuous exercise to reap health benefits—even small increases in physical activity can help. The study authors noted that walking regularly is "one of the best things you can do for [your] health."

2. D. People with diabetes who walk every day for 30 to 60 minutes (all at once or in smaller chunks) can enjoy improved glucose control, cardiovascular fitness and weight management. Exercise helps the muscles absorb blood glucose, preventing it from building up in the bloodstream. A study in *Diabetologia* indicated that walking after meals is particularly beneficial for glucose control. With respect to heart health, a review in *Current Opinion in Cardiology* noted that "increased walking volume is associated with reduced cardiovascular mortality and events among those diagnosed with diabetes." Last but not least, walking regularly burns calories, which can help with weight management.

3. D. A meta-analysis looking at the impact of walking on blood glucose control and other cardiovascular risk factors in type 2 diabetes published in *PLOS One* showed that this activity is associated with a decreased A1C (a measure of glucose control over the previous two to three months), along with reduced body-mass index (BMI, a measure of weight relative to height) and lower diastolic blood pressure.

4. A. A joint position statement from The American College of Sports Medicine and the American Diabetes Association notes that regular physical movement reduces the risk of type 2 diabetes. The researchers concluded that "exercise plays a major role in the prevention and control of insulin resistance...type 2 diabetes and diabetes-related health complications." A review in the *World Journal of Diabetes* found that "Walking for at least 30 min[utes] per day was shown to reduce the risk of type 2 diabetes by approximately 50%."

5. True. In the recent CARDIA Study, which analyzed data from 1,923 middle-aged participants, those who walked the most steps per day over an average of nine years had a 43% lower risk of diabetes and a 31% lower risk of high blood pressure, compared to those who took the fewest steps. In women, every 1,000 additional steps were associated with a 13% reduced risk of becoming obese. **DSM**

Lisa Cantkier *is a writer and educator specializing in nutrition and health. She is coauthor of* The Paleo Diabetes Diet Solution. *Email her at lisa@healthfulcommunications.com.*

UNDIAGNOSED LIVER DISEASE COMMON IN T2

BY QUINN PHILLIPS

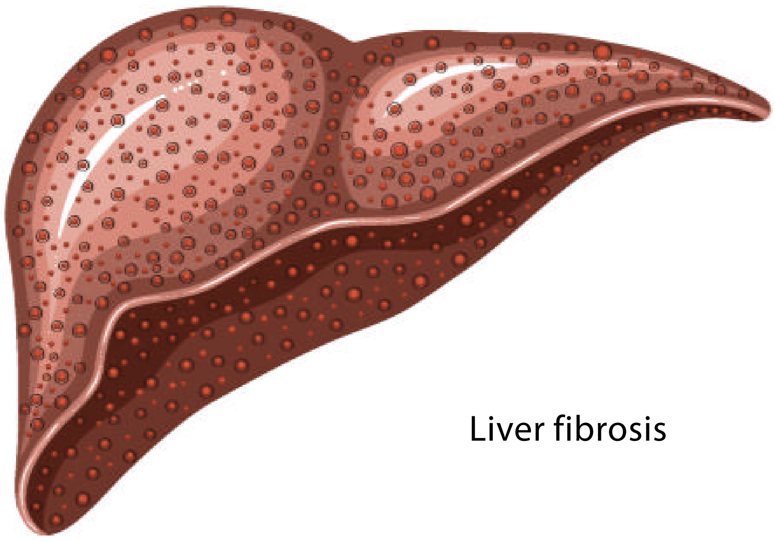
Liver dysfunction in type 2 diabetes can go beyond the organ's role in regulating blood glucose levels. People with type 2 diabetes are at increased risk for nonalcoholic fatty liver disease (NAFLD), a condition in which abnormally large amounts of fat build up in the organ. While this condition doesn't tend to cause symptoms by itself, it increases the risk of inflammation and structural changes (fibrosis and cirrhosis) in the liver that can reduce liver function over time and possibly lead to liver cancer.

But according to a recent study, some of the most commonly used markers of liver function aren't actually very good at predicting liver damage in people with type 2 diabetes.

The research recruited 564 adults with type 2 diabetes and without a previous diagnosis of NAFLD. All of them underwent laboratory testing to screen for liver fibrosis, which included common blood tests as well as an imaging test known as vibration-controlled transient elastography. Based on these screening tests, participants suspected of having substantial fibrosis underwent a liver biopsy to confirm the diagnosis.

Based on the imaging test, about 22% of participants were found to have some stage of suspected fibrosis in their liver. But two of the blood tests often used to screen for liver disease—aspartate aminotransferase (AST) and alanine aminotransferase (ALT)—weren't very good at indicating this suspected damage. Among the participants with signs of fibrosis in their imaging tests, 71% had a normal AST result, and 62% had a normal ALT result.

Based on these findings, the researchers recommended adding imaging tests to screening for NAFLD in people with type 2 diabetes—since other tests may not pick up signs of the condition. They also emphasized the importance of screening in the first place, since even though none of the study participants had a previous diagnosis of liver disease, almost one in four showed signs of the condition. **DSM**



Liver fibrosis

SHUTTERSTOCK

Cool New Products to Try

BY AMY CAMPBELL, MS, RD, LDN, CDCES

HoMedics SoundSpa White Noise Machine

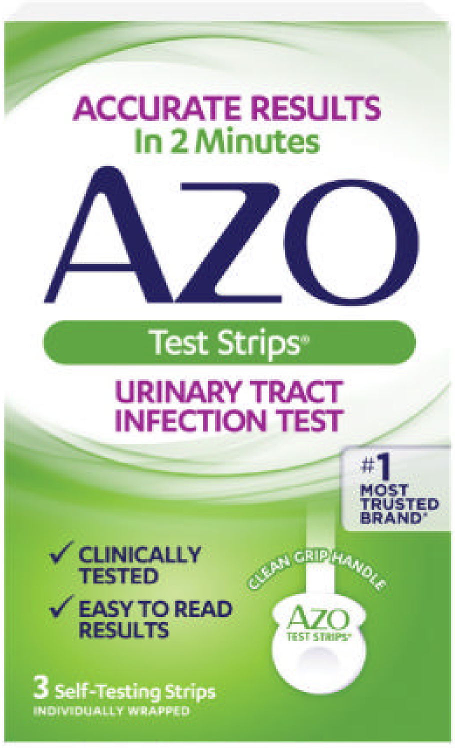
Sleep is vitally important to overall good health, as well as managing diabetes and lowering your risk of heart disease. If you toss and turn at the slightest shift in sound, give the HoMedics SoundSpa white noise machine a try. This little machine will do wonders for masking sudden changes in sound, such as a truck rumbling by or a dog barking. Choose from six therapeutic sound options—White Noise, Thunder, Ocean, Rain, Summer Night and Brook—that you can set on an auto-off timer to conserve energy. An added benefit: HoMedics White Noise Sound Machine is lightweight and portable, so it can go where you go, easily fitting into your purse, bag or suitcase. A good night's sleep is finally within reach!

homedics.com

Bulbhead Egg Sitter Support Cushion

Spending more time at home means you might be sitting a lot more than usual. And sitting for long periods of time can put a lot of pressure on your tailbone and hips, which, in turn, can lead to lower back pain and sciatica. If you're dealing with this, it's time to give the Egg Sitter Support Cushion a try. This cushion's unique honeycomb design absorbs your weight and takes pressure off sensitive areas, all the while supporting your spine and allowing air to circulate (no hot sticky cushion here!). Give your backside some well-deserved comfort with this innovative cushion.

bulbhead.com

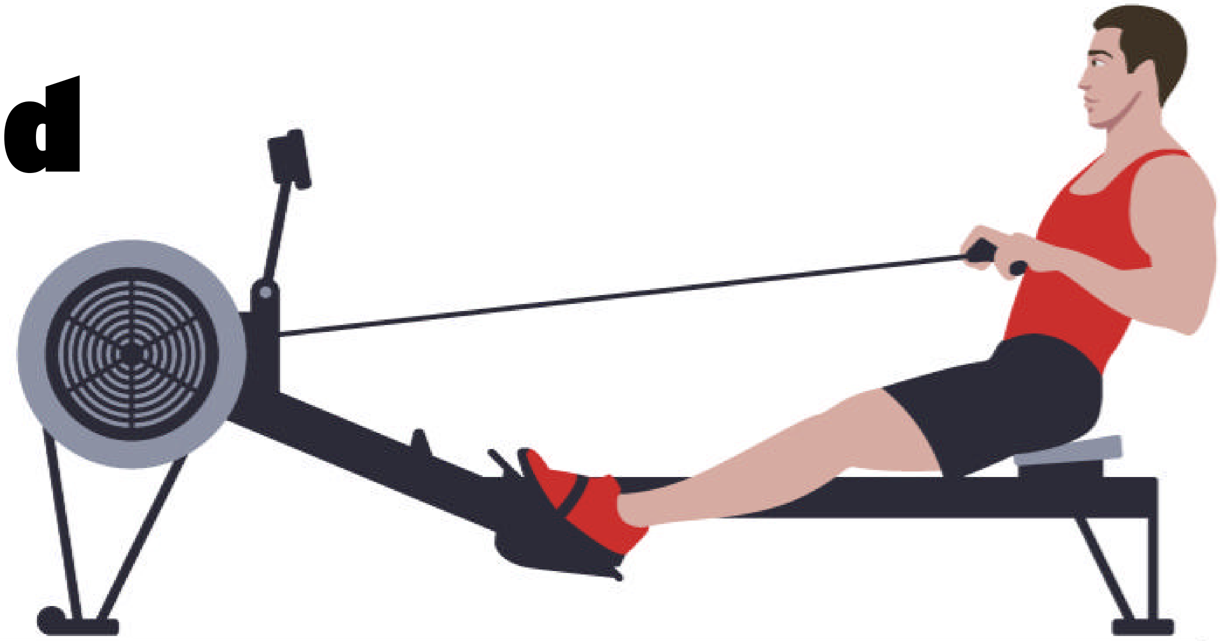


AZO Urinary Tract Infection Test Strips

People with diabetes can be prone to having UTIs (urinary tract infections) due to high blood sugars and certain medications. Left untreated, UTIs can lead to more serious conditions, like a kidney infection. If you think you may have a UTI, AZO Urinary Tract Infection Test Strips can save time and help you get the right treatment faster. With AZO test strips, you take a UTI test at home and then call your healthcare provider with the results. These strips are the same test that many doctor's offices use to measure leukocytes (white blood cells) and nitrites in your urine. Plus, you get a result in just two minutes. The strip's clean grip handle is sanitary and easy to use, and results are easy to read, too.

azoproducts.com

Estimated A1C, Seated Exercise



BY GARY SCHEINER, MS, CDCES

Q I have had type 1 diabetes for 21 years and recently started to use a continuous glucose monitor (CGM). The average glucose on my device is close to 150 mg/dl, which corresponds with an A1C of roughly 7.0%. Last week, I had an A1C test, and my result was 8.1%. Why such a difference?

A This is something that many people wonder about. There are several possible explanations.

1. The A1C result generated by the blood test could be wrong. There are a number of things that can produce a false result, including iron deficiency or other types of anemia, low red blood cell count, kidney disease, a recent blood donation and slow recycling of red blood cells.

2. The CGM could be wrong. Overall, most CGM systems tend to underestimate glucose levels more than they overestimate. CGMs also tend to run low for extended periods of time after a person recovers from hypoglycemia (low blood glucose), even though their blood sugar may have returned to normal quickly. Even when using a system that does not require calibration, it is still important to perform fingersticks on a regular basis to verify that your CGM is performing properly.

3. They could both be correct. Remember, the A1C reflects the average glucose over the past eight to 12 weeks. How many weeks of data did you look at when getting the A1C estimate from your device? Certain CGM software programs default to the last two weeks of data. If your average tightened up over the past two weeks, the estimated A1C would be lower than the actual A1C.

Q I am 68 years old and have type 2 diabetes. Unfortunately, I also have a serious hernia that causes me to lean back and lose my balance while walking. Now, I'm so out of shape that I can't stay on my feet for long before tiring. I know that exercise is good for me, but what, if anything, could I do to get back into shape?

A Kudos to you for not giving up! Many people with (and without) diabetes have difficulty exercising in a standing position. Conditions such as poor circulation in the legs, painful neuropathy (nerve damage), arthritis, back problems, balance issues and various joint ailments can make certain types of physical activity difficult. The good news is that there are many good "non-weight-bearing" options—activities that don't require you to be on your feet.

Seated cardio (aerobic) exercise options include using a stationary bike (upright or recumbent), a rowing machine or an arm ergometer (arm cycle), as well as participating in chair exercise classes (which are available both online and on DVDs). Water exercise may also be a good option, as the buoyancy of the water can provide nice support, not to mention a "cushion" in case you accidentally tip over. Water options include walking, doing laps with a kickboard or taking water fitness classes.

You can perform many forms of strength training in a seated position using elastic resistance bands or household objects (cans, bottles, rolls of coins, etc.) as weights. Exercises that can be performed on a chair or bed or the floor include shoulder (overhead) presses, front arm raises, bicep curls, chest flies, shrugs, leg curls, leg extensions, abdominal crunches and back extensions. Directions for performing these and other strength exercises can be found online or with the guidance of a trainer at your local gym. Check with your doctor before adopting any new exercises to ensure they're a good fit for you, and enjoy your workout! **DSM**

Gary Scheiner, MS, CDCES, *has lived with type 1 diabetes for 30 years and was named Diabetes Educator of the Year 2014 by the Association of Diabetes Care & Education Specialists.*

Have a question about diabetes? Email gary@integrateddiabetes.com.

SHUTTERSTOCK

Exercise Recovery

BY ROBERT S. DINSMOOR

An important aspect of exercising for health is knowing when not to exercise—that is, when to take a break. This lesson was painfully driven home to me after paddleboarding following a long hike following a stint of yardwork that involved lifting heavy patio stones. (I knew how to "use my core," so I was all set—right? Wrong!) I found myself hobbling around painfully for several weeks afterward with bursitis of the hip. At the risk of putting my bruised ego on display, listening to people say, "Slow down, everybody, so Rob can catch up!" was almost as bad as the bursitis.

Everyone needs periods of recovery after heavy exercise, especially when it involves weight training or other resistance training. There is a rule of thumb that says you should skip at least one day between exercising the same muscle groups, and more than one day might be even better as you get older. There's a reason for this. When we engage in weightlifting or other forms of strength training, we're essentually tearing the muscle fibers, which become stronger and bulkier as they recover—that is, if they're given a chance to recover. So, here are some widely accepted tips to help you make the most of your workout and fully recover from exercise.

TIPS FOR EXERCISE RECOVERY

Get enough sleep. During sleep, the body releases growth hormone, which allows muscles to recover and grow. Sleep is essential to a healthy body and mind, and it aids in recovery from exercise.

Drink plenty of water. We can lose a lot of fluids during a workout, so it's important to avoid dehydration. Water is also essential to help remove metabolic waste products from your bloodstream. While there are a lot of athletes out there touting sports drinks like Gatorade, most health experts say plain water is enough. And, of course, people with diabetes should be aware that many sports drinks can raise their blood sugar levels.

Avoid post-exercise alcohol. Does a beer after a workout help you rehydrate? No, sorry. If anything, alcohol does just the opposite. It can increase your need to urinate, which—you guessed it—promotes dehydration. Also, alcohol can interfere with protein metabolism and the body's ability to build muscle.

Get adequate protein. Your body can't repair muscle tears without it.

Be careful about which painkillers you take. While many athletes scarf down nonsteroidal antiinflammatory drugs (NSAIDS) like popcorn, medicines like aspirin, ibuprofen and naproxen may actually interfere with exercise recovery. Inflammation is part of the body's natural recovery process. If you need a painkiller, consider acetaminophen instead of NSAIDs. Some exercise experts recommend ice baths instead of pills.

Massage, anyone? Although there is not much solid evidence that massage aids in muscle repair, it can reduce muscle soreness after a workout. Using foam rollers can help remove any knots in the muscles and connective tissue.

BE IN IT FOR THE LONG HAUL

I tend to look at life as a marathon rather than a sprint, so there's ample time to slow down when you need to. It will help you in the long run. DSM

SHUTTERSTOCK

Freely Movable Joints

Exercises for staying limber

BY LAUREL DIERKING, MED, NASM, 700-ERYT

Joints are the areas in the body where two or more bones meet, keeping the skeleton together and helping to allow movement. They are configured to be supple but stable, consisting of cartilage (tissue that covers the bone), synovial membrane (which lubricates and encapsulates the joint), ligaments (tissues that connect bone to bone), tendons (tissues that connect muscle to bone) and bursas (sacs that cushion friction). These important structures allow us to safely absorb impact from movements such as walking, jogging and jumping.

The mobility of our joints can affect our quality of life. The largest joints in the body, the ball-and-socket joints of the shoulders and hips, should be supple enough to reach, stretch and extend the body to meet an object but strong enough to brace the body when we lift an item overhead onto a high shelf or to catch ourselves after stumbling. The hinge joints of the knees and elbows ideally extend through their full range of motion so that we can transition properly through each gait cycle when walking, jogging or running. The pivot joints of the wrists and ankles allow us to move the outermost portion of our extremities dynamically. Without the appropriate harmonious balance of flexibility and stability within the joints, our quality of movement is affected, whether it be when sitting, standing or moving.

One of the most important benefits of having freely movable joints is injury prevention. Hypomobility is characterized by being restricted in our range of motion in a particular joint. A lack of stretching and excessive strength training can be primary causes of limited joint movement. If our joints are more fixed in their range of motion, we are more likely to strain, sprain and tear joint and muscle tissue. These injuries are common in older adults, as with age we lose the elasticity and hydration within our joints, especially in the shoulders, knees and hips. Athletes in certain sports are also largely susceptible to these types of injuries due to continuous impact.

However, injuries do not just occur from being tight and inflexible. Many injuries also occur due to hypermobility. This is characterized by the ability to take joints beyond what is considered a normal range of motion. This can cause—and be caused by—weak muscles surrounding a particular joint and may lead to joint pain or discomfort after some activities. Hypermobility can be genetic, but in large part, it is more directly due to lifestyle and activity habits. Overstretching, in combination with little or no strength training, can lead to hypermobility and chronically loose joints.

Just as it is important to maintain strength in each muscle of the body, it is critical to keep our joints mobile, moving each one individually and intentionally. Take five minutes to try these simple exercises, either first thing in the morning, during a short work break or before getting into bed. DSM

Laurel Dierking, MEd, NASM, 700-ERYT, *is a movement specialist with a concentration in yoga, strength conditioning, exercise physiology and postural restoration. With 10 years of extensive experience, Dierking seeks to enhance self-awareness by guiding individuals through mindful movement, functional training, body awareness and breath work.*

SHOULDER SWIMMERS

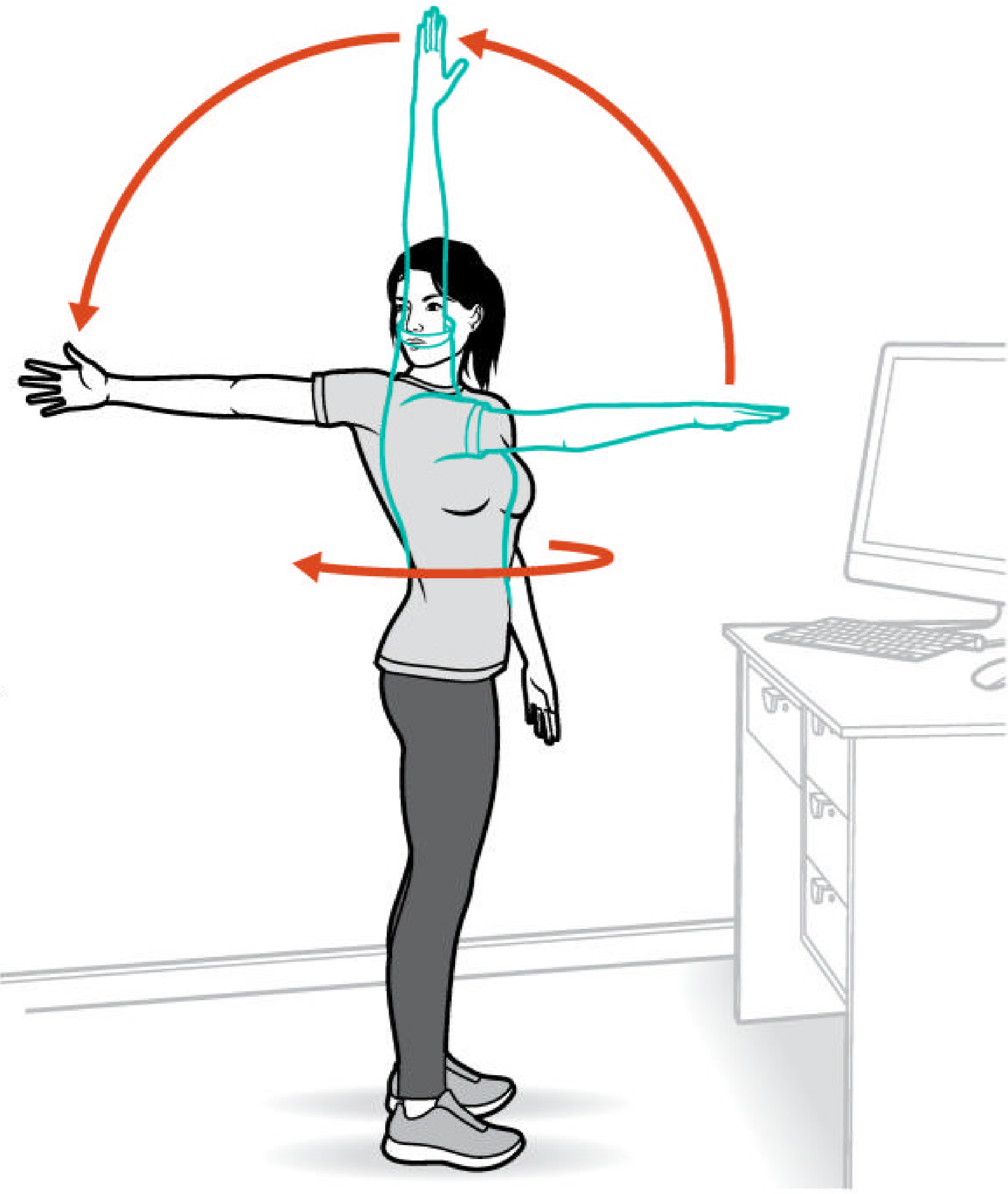
Standing normally, make as big a circle as you possibly can with one arm, forward, up and around, allowing your trunk to rotate as you reach back (similar to a single-arm backstroke). Make five rotations front to back and five rotations back to front. Repeat on the other side.

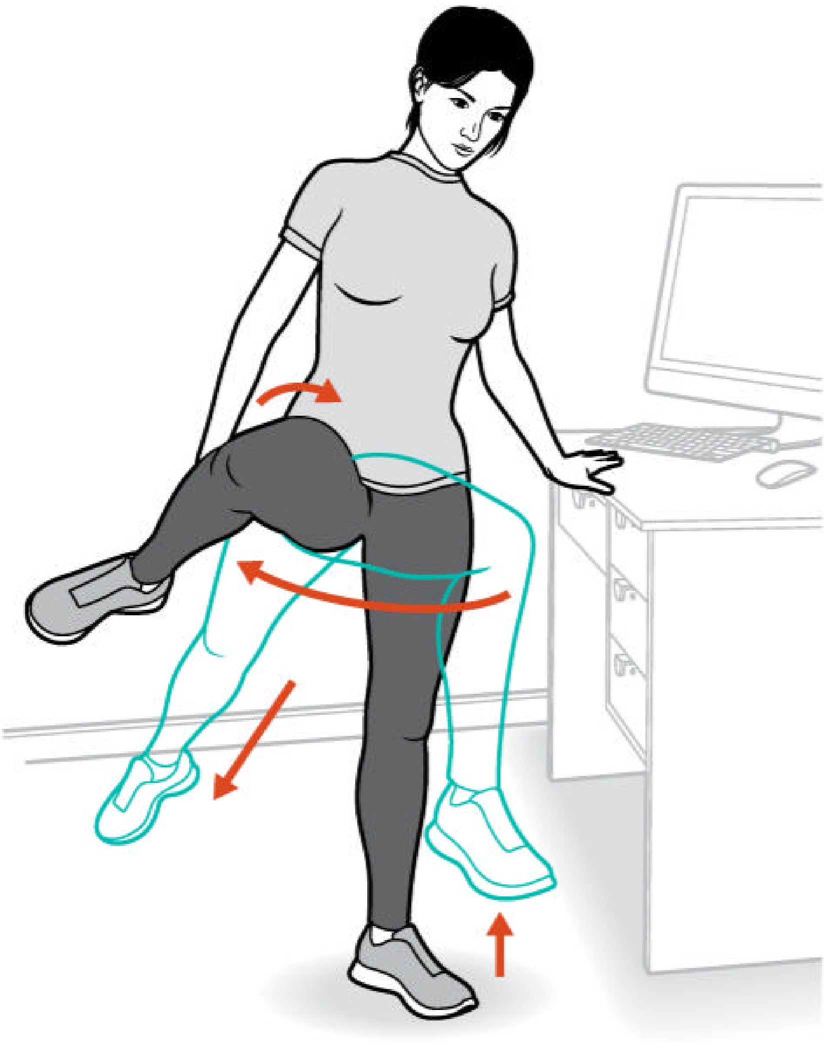
HURDLE STEPS

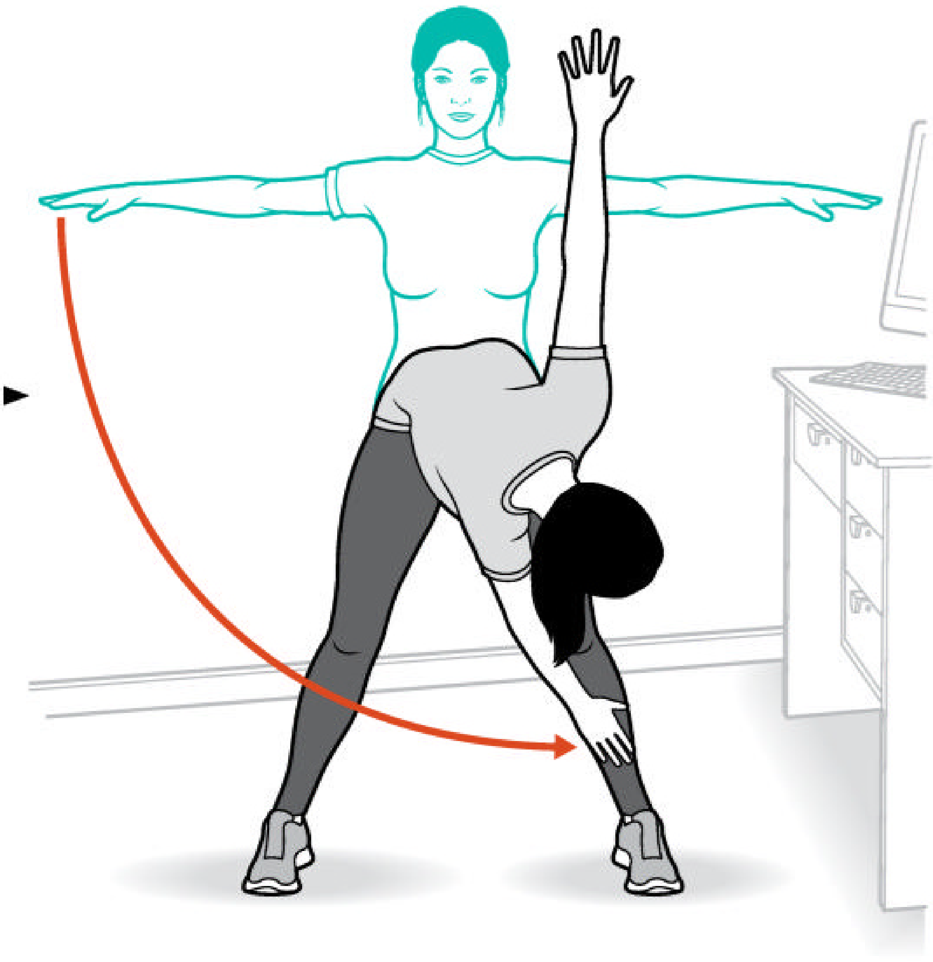
Stand near a wall or desk for support. Take one knee as far up as you can and rotate the leg up and around as if you are stepping backward over a tall hurdle. Return the leg forward the same way. Repeat five to 10 times on each side.

WIDE-LEG TOE REACH

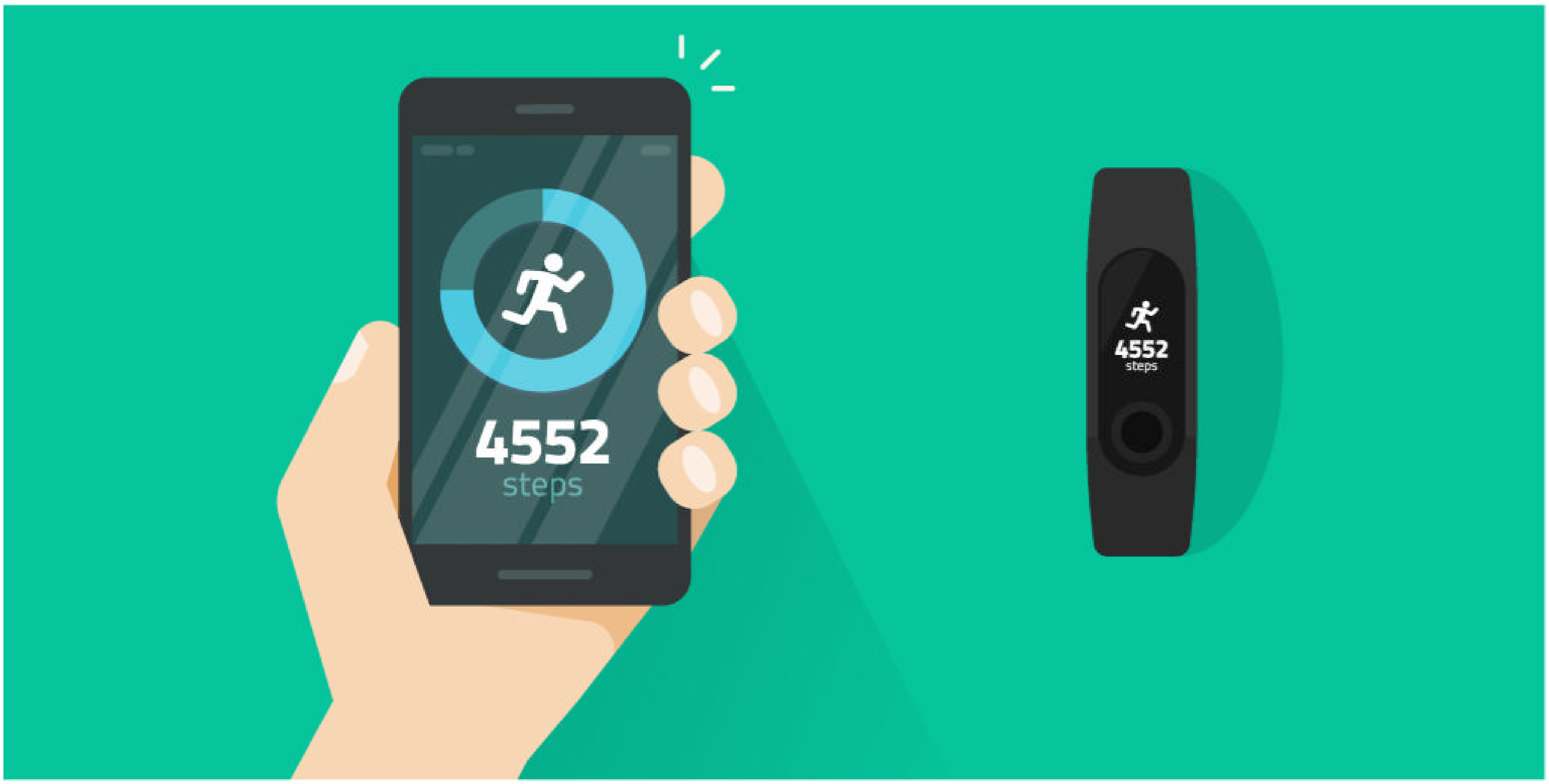
Stand with your feet comfortably wide apart and your arms in a "T" shape. Exhale as you bend at the waist and reach your right hand toward your left foot or shin. Inhale as you return to standing and immediately reach to the opposite side. Repeat 10 touches on each side.







AARON ASHLEY



Tech for Weight Control

BY DR. NICOLA DAVIES, PHD

Technology has integrated itself into every aspect of our lives and, as much as we might not like to admit it, most of us would be lost without our digital devices. While the reliance on gadgets can be unhealthy, used the right way, technology can help you meet your health goals, including weight management.

CONTROL PORTIONS

Controlling your portion sizes can help you maintain a healthy weight and stabilize your blood sugar levels. A device such as the Smart Diet Scale, a high-tech food scale, can help you measure your portion sizes and track carbohydrate, fat, calorie and protein content, so that you can monitor your nutrition intake via the corresponding smartphone app.

TRACK CARBS AND CALORIES

Whether you need to lose some weight or maintain your current weight, tracking your calorie and carbohydrate intake accurately can help you succeed. Fortunately, technology has made the process much easier:

- The MyNetDiary app can help you log your meals, drinks and snacks. You can also set up your own personalized targets and weight-loss plan, with the app encouraging you to stay on track by offering tailored advice to help you reach your goals.
- The Fooducate app contains a comprehensive library of nutrition data, allowing you to scan your food labels and quickly gather information about what you are eating. The app even suggests healthier alternatives.

MOTIVATION TO MOVE

With wearable technology such as the Fitbit, you can track your daily activity levels and exercise using the power of an accelerometer (a tool that measures movement). Some Fitbit models even have heart rate monitoring capabilities to ensure you get the most out of your workout.

Wearable gadgets can also share information and challenges with your friends on social media, helping to keep you motivated when working toward a specific weight-management or exercise goal. Some activity trackers can additionally be set to send you reminders, prompting you to complete your daily goals.

CONNECT WITH PROFESSIONALS

With a smartphone app, you always have access to your nutrition and activity tracking data, making it simpler to keep an accurate and up-to-date log of your progress. It also makes it easier to share your data with your healthcare provider. As an example, Glooko is a diabetes management platform that creates a digital logbook of information that you can share with your physician or diabetes specialist for review and analysis.

THE FUTURE OF DIABETES TECH

Watch this space—technology is set to make your diabetes and weight management goals easier to track and achieve! **DSM**

Dr. Nicola Davies, PhD, *health psychology, is author of* I Can Beat Obesity! Finding the Motivation, Confidence and Skills to Lose Weight and Avoid Relapse.

SHUTTERSTOCK

Nuts and Seeds

BY LEA ANN HOLZMEISTER, RD, CDCES

Nuts and seeds are an important part of a healthful diet. With the adaptability to be made into butters, pastes, flours or cooking oils, they are versatile in recipes, and they can also be eaten alone as a satisfying snack food. And what's more, they are good for you. These foods contain healthy fats, and most varieties help lower LDL ("bad") cholesterol, which decreases the risk of heart disease.

Nuts and seeds also provide essential vitamins and minerals, such as vitamin E and magnesium, as well as fiber and protein. The healthiest options are those that contain higher amounts of polyunsaturated fats (as opposed to saturated fats), including walnuts, macadamia nuts, hazelnuts, pecans, sunflower seeds and flaxseeds. Choose varieties that are unsalted or lightly salted and keep track of your portions. A 1-ounce serving of most nuts or three tablespoons of seeds contains 150 to 200 calories. To reap the benefits of these foods without adding extra calories, replace less-healthful snacks such as potato chips or pastries with nuts and seeds. **DSM**

	SERVING	CALORIES	FAT (g)	SAT FAT (g)	SODIUM (mg)	CARBS (mg)	FIBER (mg)	PROTEIN (mg)
SMART								
Planters Mixed Nuts, Unsalted	1 oz	170	15	2	0	5	3	6
Planters NUT•rition, Raw Mixed Nuts, Unsalted	1 oz	170	16	1.5	0	6	2	5
Planters NUT•rition Essential Nutrients Mix	1 oz	170	16	1.5	40	6	2	5
Planters Mixed Nuts, Lightly Salted	1 oz	170	15	2	45	5	2	6
Planters NUT•rition Heart Healthy Mix	1 oz	170	15	1.5	35	5	3	6
Target Good & Gather Raw Mixed Nuts, Unsalted	1 oz	160	14	1.5	0	6	2	5
Target Good & Gather Raw Mixed Nuts, Lightly Salted	1 oz	170	16	1.5	40	6	2	5
SMARTER								
Peanuts, Unsalted	1 oz	166	14	2	2	6	2	7
Pistachios, Unsalted	1 oz	170	14	1.5	0	8	3	6
Sesame Seeds, Unsalted	3 tbsp	156	14	2	3	6	3	5
Macadamias, Unsalted	1 oz	204	21	3	1	4	2	2
Pumpkin Seeds, Unsalted	3 tbsp	150	11	2.5	5	3	2	9
Cahsews, Unsalted	1 oz	157	12	2	3	9	1	5
Brazil Nuts, Unsalted	1 oz	186	19	4	1	4	2	4
SMARTEST								
Almonds, Unsalted	1 oz	164	14	1	0	6	4	6
Hazelnuts, Unsalted	1 oz	178	17	1	0	5	3	4
Pecans, Unsalted	1 oz	196	20	2	0	4	3	3
Hemp Seeds, Unsalted	3 tbsp	174	14	1	0	2	1	11
Walnuts, Unsalted	1 oz	185	18	2	1	4	2	4
Sunflower Seeds, Unsalted	3 tbsp	153	15	0	3	6	3	6
Chia Seeds, Unsalted	3 tbsp	174	11	1	6	15	12	6

SHUTTERSTOCK

SHUTTERSTOCK

Tech to the Rescue

Apps and devices to help with food and fitness

BY ALISON MASSEY, MS, RD, LDN, CDCES

Tools to help us meet our food and fitness goals have been around for decades. While technology may have changed the type of assistance that is available for the kitchen or gym, remember that any tool is helpful only if it is actually used regularly. Don't let your food and fitness tech collect dust—if a specific item isn't being used frequently, evaluate why it isn't meeting your needs and think about trying something else. This piece provides some guidance on food and fitness technology to consider adding to your routine.

I'M LOOKING FOR SOME HELP WITH IMPROVING MY FOOD CHOICES. WHICH APPS DO YOU SUGGEST TO YOUR CLIENTS?

How useful someone finds a particular app is largely based on that person's goals and the purpose of the app. When it comes to food and nutrition apps, I typically divide them into three different categories:

- Macronutrient/calorie tracking
- Nutrition guidance
- Cooking/dining/shopping

The first step in choosing is to identify how you would like to use the app to change your eating habits or behaviors. Next, determine if you want an app with basic functionality or something that has the option to customize features to your specifications or preferences. Lastly, remember that you might need to try a few apps before you find the right one for you.

Here is a quick list of a few apps (all available on Android and iOS) to consider within each category when you start your search.

MACRONUTRIENT/CALORIE TRACKING APPS

Calorie Counter & Diet Tracker This app tracks food and workouts, providing features such as a food database, calorie counter, exercise demonstrations and health articles. It also includes internal social networking capabilities.
SparkPeople, sparkpeople.com

Calorie Mama AI: Meal Planner & Food Macro Counter An app that analyzes photos users have taken of their food to calculate and track nutrition information. Users can then evaluate their eating habits against their specific nutrition goals.
Azumio, Inc., caloriemama.ai

Carb Manager: Keto Diet Tracker & Macros Counter Designed for those following a ketogenic or low-carbohydrate lifestyle, this app allows users to enter food, water intake and exercise for assessment against defined goals. Enhanced functionalities are also available.
Wombat Apps, LLC, carbmanager.com

NUTRITION GUIDANCE APPS

CalorieKing A database of thousands of foods that can be used to assess the nutrition facts associated with each food item.
CalorieKing.com, calorieking.com

Carb Counting With Lenny Designed for children, this app has simple features to help users learn to count carbohydrates. Game elements of the program help with engagement and learning.
Medtronic, Inc., lenny-diabetes.com

Ate—The Mindful Food Journal and Photo Diary A mindful photo-based food journaling app that doesn't track calories but rather is designed to create awareness of eating habits, behaviors and feelings. Premium features available.
Ate (formerly YouAte), youate.com

Fooducate This app uses a rating system to evaluate foods based on their nutrients and ingredients. Other features include a daily meal log, recipes and health articles. Premium upgrade available for low-carb, keto and diabetes profiles.
Fooducate, Ltd., fooducate.com

COOKING/DINING/ SHOPPING APPS

SideChef Home cooks receive access in this app to more than 18,000 step-by-step recipes, a meal-planning tool and the ability to purchase ingredients directly through Walmart and Amazon Fresh.
SideChef, sidechef.com

Instacart Shop online and get groceries delivered in as little as one hour. This app provides a list of participating stores that are available in your zip code.
Instacart, instacart.com

ShopList Categorize your shopping list with this app and add specific weights and measurements of foods required to help reduce food waste.
Kamiku Apps, ourshoplist.es

Food Network Kitchen With recipes, video guides and the ability to order ingredients directly, this app provides users with access to their favorites from Food Network chefs.
Discovery Digital Ventures, LLC, foodnetwork.com

WHICH TRACKERS AND DEVICES ARE THE BEST FOR IMPROVING FITNESS?

There are so many choices when it comes to physical activity trackers, devices and apps—the best one for improving fitness is the one that you will use the most. Regardless of whether you're looking for something to provide a workout routine or a tool that simply allows you to track your own fitness regimen, there is an option available to meet your needs and help you achieve your goals.

TRACKING MILEAGE OR FITNESS ROUTINE

Fitbit These apps and devices track activity, record workouts, log food and help users connect with friends who are also interested in fitness.
Fitbit, Inc., fitbit.com

Endomondo A fitness trainer that will track all kinds of activity—including walking, running, biking and kayaking—providing motivational feedback and allowing users to set goals and connect with friends in the network.
Endomondo.com, endomondo.com

RunKeeper Create running goals and receive a training program or custom-build your own with this app. It also integrates with other fitness trackers such as MyFitnessPal and Fitbit so you can easily assess your progress.
ASICS Digital, Inc., runkeeper.com

Strong Record weight and repetitions during your exercise routine. The app serves as a diary and provides suggestions to modify future exercise routines.
Strong Fitness PTE, Ltd., strong.app

FITNESS WITH A GAMING COMPONENT

Zombies, Run! Want to integrate a story of a post-apocalyptic world into your workout? Zombies, Run! is part story and part game, challenging you to increase the speed of your run.
Six to Start, zombiesrungame.com

FITNESS ROUTINES

J&J Official 7 Minute Workout This app provides exercise routines that can help you get fit without long time commitments. Workouts using body resistance eliminate the need for additional equipment. Each workout is customized based on selected preferences.
Johnson & Johnson Health & Wellness Solutions, Inc., 7minuteworkout.jnj.com

Fitocracy Fitness Community Use this app to customize workouts, track fitness and set goals, as well as connect with others in the fitness community.
Fitocracy, fitocracy.com

Alison Massey, MS, RD, LDN, CDCES, *is a registered dietitian and certified diabetes educator in Maryland.*

INSULIN
10ml
Rx

New Diabetes Tools

Despite a global pandemic, the past year has seen many new devices, drugs and resources for diabetes introduced to the U.S. market

BY QUINN PHILLIPS

The year 2020 wasn't a normal one for healthcare, to say the least. The global COVID-19 pandemic has changed the way doctors and patients interact throughout the United States, with many turning to telemedicine for routine visits, including those related to diabetes. It stands to reason that many people were reluctant to change up their diabetes management or treatment in this environment.

But even though you might have missed them, a variety of devices and drugs for diabetes were introduced in 2020. Here's what you should know about these new tools, along with drug and device label changes that were made to existing products.

SHUTTERSTOCK

HYBRID CLOSED-LOOP SYSTEMS

Control-IQ
Tandem Diabetes Care
(877) 801-6901
tandemdiabetes.com

WHAT IT DOES Tandem's Control-IQ technology works with the company's t:slim X2 insulin pump and the Dexcom G6 continuous glucose monitor (CGM) to automatically adjust insulin delivery in response to predicted glucose levels. The company reports that study participants using the technology achieved in-range glucose levels 71% of the total time, compared with 59% for those using a similar setup without the new technology.

AVAILABILITY If you're interested in using a t:slim X2 pump to take advantage of Control-IQ technology, visit tandemdiabetes.com and click on the "get a pump" button to see your options.

CONTROL-IQ

MiniMed 770G
Medtronic
(800) 646-4633
medtronicdiabetes.com

WHAT IT DOES The MiniMed 770G system automatically adjusts background insulin delivery every five minutes based on real-time glucose readings. It also connects with a smartphone to let you see your glucose and insulin trends over time. This system is approved for adults and children with type 1 diabetes ages 2 and above, based on a study that showed favorable results in children along with adolescents and adults.

AVAILABILITY Visit medtronicdiabetes.com and click on the MiniMed 770G product page (by clicking on the "learn more" or "for parents" button), where you can fill out an online form to get started using the system.

MINIMED
770G

CONTINUOUS GLUCOSE MONITORING (CGM) SYSTEM

FreeStyle Libre 2 iCGM
Abbott
(855) 632-8658
freestylelibre.us

WHAT IT DOES The FreeStyle Libre 2 system is approved for adults and children ages 4 and above and uses a sensor that lasts up to 14 days to continuously monitor glucose levels. It now has optional real-time glucose alarms and also lets you scan your glucose level in one second rather than using a finger-stick test for confirmation in many situations.

AVAILABILITY Visit freestylelibre.us and click on the "start now" button to learn about options for starting on the system or talk to your doctor about the benefits of continuous glucose monitoring.

FREESTYLE
LIBRE 2 iCGM

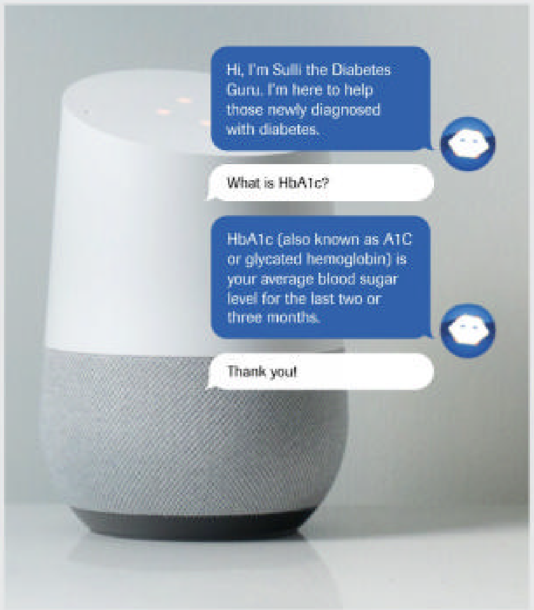
MINIMED MIO
ADVANCE

LYUMJEV

LYUMJEV™
(insulin lispro-aabc) injection
100 units per mL (U-100)
LYUMJEV™ KwikPen®

QUTENZA

1 Patch
Qutenza®
(capsaicin) 8% patch



Hi, I'm Sulli the Diabetes Guru. I'm here to help those newly diagnosed with diabetes.

What is HbA1c?

HbA1c (also known as A1C or glycated hemoglobin) is your average blood sugar level for the last two or three months.

Thank you!

SULLI THE
DIABETES
GURU

PUMP INFUSION SET

MiniMed Mio Advance
Medtronic
(800) 646-4633
medtronicdiabetes.com

WHAT IT DOES The MiniMed Mio Advance is compatible with all current Medtronic insulin pumps in the United States and is designed to require fewer insertion steps. The new infusion set allows one-hand insertion to permit greater flexibility and access to more potential insertion sites on the body. It also uses a fully hidden needle at all steps.
AVAILABILITY Talk to your doctor or pharmacist about using the MiniMed Mio Advance if you're a Medtronic insulin pump user. You can also buy infusion sets online at medtronicdiabetes.com.

NEW DRUGS/FORMULATIONS

Lyumjev (insulin lispro-aabc)
Lilly
(800) LillyRx (545-5979)
lyumjev.com

WHAT IT DOES Lyumjev is a fast-acting mealtime insulin used to control high blood sugar in adults with type 1 and type 2 diabetes that has been shown in studies to reduce HbA1c (a measure of long-term glucose control) and to reduce blood sugar spikes following meals. It's available in both vials and insulin pens.
AVAILABILITY Learn more about switching to Lyumjev at lyumjev.com or talk to your doctor about whether this new insulin formulation is right for you.

Gimoti (metoclopramide)
Evoke Pharma
(833) 4-GIMOTI (444-6684)
gimotirx.com

WHAT IT DOES Gimoti is a nasal spray formulation of the drug metoclopramide, designed to help relieve symptoms of diabetic gastroparesis (delayed stomach emptying). It may be especially helpful since gastroparesis can cause nausea and vomiting, and oral versions of the drug may not be well tolerated or effective in many people.
AVAILABILITY Talk to your doctor about taking Gimoti if you experience symptoms of gastroparesis or have been diagnosed with the condition.

Trijardy XR (empagliflozin/linagliptin/metformin HCl extended release tablets)
Boehringer Ingelheim, Lilly
(800) 243-0127
trijardyxr.com

WHAT IT DOES This three-drug combination tablet (empagliflozin, linagliptin and metformin) is aimed at adults with type 2 diabetes who would otherwise need to take multiple pills. It's taken once daily and should be used along with diet and exercise to control glucose levels.
AVAILABILITY Talk to your doctor about taking Trijardy XR if you already take one or more oral drugs for type 2 diabetes and your glucose control still isn't ideal.

PEN NEEDLE

Unifine SafeControl
Owen Mumford
(770) 977-2226
unifinesafecontrol.com

WHAT IT DOES The Unifine SafeControl pen needle is designed with both safety and full-dose delivery in mind. It features a manual push tab for one-hand operation of the safety mechanism, a guard to cover the needle after injection, and a visual safety indicator.
AVAILABILITY Visit the product page at unifinesafecontrol.com and click on the "get in touch" button to learn more about getting started, or talk to your doctor or pharmacist.

NEUROPATHY TREATMENT

Qutenza (capsaicin 8% patch)
Averitas Pharma
(877) 900-6479
qutenza.com

WHAT IT DOES Qutenza is a patch that delivers capsaicin, a chemical derived from chili peppers, to provide relief from diabetic nerve pain in your feet. It's applied by your doctor and is effective for up to three months.
AVAILABILITY Talk to your doctor about Qutenza as a treatment option if you experience pain from diabetic neuropathy.

VOICE-ACTIVATED RESOURCE

Sulli the Diabetes Guru
Roche Diabetes Care
(800) 858-8072
accu-chek.com

WHAT IT DOES Sulli the Diabetes Guru is a voice assistant that can answer your questions about nearly any aspect of diabetes, including diet, exercise, medications and glucose monitoring. You can ask any question, get lifestyle tips, go through Sulli's step-by-step support guide, or set diabetes-related reminders.
AVAILABILITY Sulli the Diabetes Guru is available on Amazon Alexa devices and Google Assistant.

DRUG LABEL CHANGES

Fiasp (insulin aspart)
Novo Nordisk
(800) 727-6500
rapidactinginsulin.com/fiasp.html

REASON FOR LABEL CHANGE Fiasp insulin is now approved for children ages 2 and above, in addition to the original approval for adults.

Trulicity (dulaglutide)
Lilly
(800) LillyRx (545-5979)
trulicity.com

REASON FOR LABEL CHANGE Trulicity is now approved to include the option of once-weekly doses of 3.0 mg/0.5 ml and 4.5 mg/0.5 ml, in addition to the originally approved 0.75 mg/0.5 ml and 1.5 mg/0.5 ml. As a prescription medicine, Trulicity is for adults with type 2 diabetes and used to improve blood glucose. It's also approved to reduce the risk of major adverse cardiovascular events (such as stroke or heart attack) in adults with type 2 diabetes who have established cardiovascular disease or multiple cardiovascular risk factors.

Invokana, Invokamet, Invokamet XR (canagliflozin, canagliflozin-metformin, canagliflozin-metformin extended release)
Janssen
(877) 468-6526
invokana.com

REASON FOR LABEL CHANGE A boxed warning about the risk of amputation has been removed since new data shows that this risk is lower than was once believed.

Farxiga (dapagliflozin)
AstraZeneca
(855) 3FARXIGA (332-7944)
farxiga.com

REASON FOR LABEL CHANGE Farxiga is now approved to treat a type of heart failure (reduced ejection fraction HF, or HFrEF) in addition to its original approval for adults with type 2 diabetes.

Health in the Palm of Your Hand

Apps to improve your diabetes care

BY ALISON MASSEY, MS, RD, LDN, CDCES

SHUTTERSTOCK

Currently there are more than 300,000 health-related apps available, with a variety specifically developed to help with diabetes management. And, indeed, now more than ever, people are looking to technology to help them stay connected to their healthcare providers, interact with the wider diabetes community, and keep track of their health-related metrics.

Whether you're looking for a way to store data and create reports, integrate your health and diabetes devices, improve your sleep and mental health, or more, you can find an app to meet that need. Learn about a few in this roundup of some of the top apps that can help improve your health and diabetes care in 2021.

BLOOD GLUCOSE MANAGEMENT TRACKING

Glucose Buddy Diabetes Tracker

Azumio, Inc.
glucosebuddy.com

Built to track blood glucose, A1C, medications, weight, blood pressure and carbohydrate intake, this app also provides a 12-week Diabetes Education Plan. It integrates with Dexcom and Apple devices.

mySugr — Diabetes Tracker Log

mySugr GmbH
mysugr.com

Designed as a diabetes logbook, this app features a personalized dashboard to collect and analyze relevant diabetes data, such as carbohydrates, medications, blood glucose values and more. It integrates with many different devices to enable automated data transfer, including some of the Accu-Chek product line.

DIABETES MANAGEMENT COMPANION

BlueLoop

MyCareConnect
blueloop.mycareconnect.com

An app that connects with an online service and allows kids, their family and school personnel to share real-time diabetes information. Reports are easily shared with clinicians. BlueLoop is free and used to track metrics like blood glucose, insulin and information on meals.

iHealth Gluco-Smart

iHealth Labs, Inc.
ihealthlabs.com

This is the companion app to the iHealth glucometer. When the glucometer and app are synced, information on diabetes metrics and behaviors are easily logged. Historical data can be viewed for monitoring and analysis, and the app also has reminder functionality.

One Drop: Transform Your Life

One Drop
onedrop.today

One Drop is a free, award-winning app for people with diabetes. Track glucose, meals, meds and more. Set helpful reminders and sync health data. Subscribe to a Digital Membership to message a coach, receive AI-powered glucose predictions and access interactive educational content.

Sugar.IQ Diabetes Assistant

Medtronic
medtronicdiabetes.com/products/sugar.iq-diabetes-assistant

Designed to work with the Guardian Connect CGM device, this iOS app helps with tracking glucose levels and assessing insulin, food and daily routines to improve understanding of diabetes management.

DIABETES EDUCATION AND COMMUNITY CONNECTION

Beyond Type 1 Diabetes

Mighty Networks
beyondtype1.org

This app is a social community for anyone impacted by type 1 diabetes, including patients, caregivers, family members and loved ones. Find peer support, ask questions and get connected to others. The community also offers a dedicated space for Spanish-speakers.

Glucagon

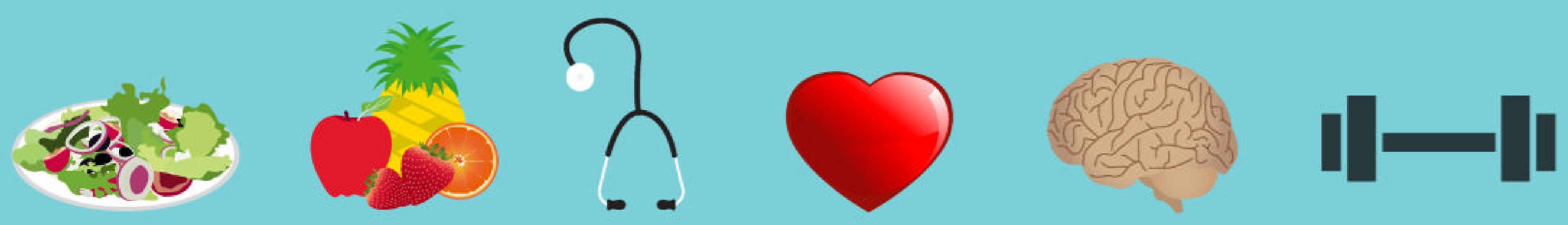
Eli Lilly and Company
lillyglucagon.com

Created to provide step-by-step guidance on administering glucagon, this app includes optional audio instructions. Users can record expiration dates of their glucagon kit to receive reminder notifications when the kit is nearing expiration.

Diabetes Self-Management

Madavor Media
diabetesselfmanagement.com

Download this app to purchase the latest digital issue or digital back issues of *Diabetes Self-Management* magazine.



MENTAL AND COGNITIVE HEALTH

Headspace: Meditation & Sleep
Headspace for Meditation, Mindfulness and Sleep
headspace.com

Learn meditation and mindfulness skills with this app to improve stress management, sleep and mind-body health. Features include a daily video series, Move Mode workouts, a guided meditation series for kids and concentration-boosting music.

Lumosity: Brain Training
Lumos Labs, Inc.
lumosity.com

This app provides fun and interactive science-based brain-training games that test memory, logic, math skills and problem-solving capabilities. Detailed progress tracking is included. Lumosity scientists and designers also work with university researchers around the world to help with advancing the understanding of brain health.

MindDoc: Depression & Anxiety
MindDoc Health
mymoodpath.com

Designed to monitor mental health disorders like depression, anxiety and eating disorders, this app includes personalized recommendations, psychological courses and mindfulness exercises. It checks in on users three times a day, "learning" from responses to generate relevant insights and resources.

HEALTH & MEDICATION

Withings Health Mate
Withings
withings.com

Health Mate is a fitness, activity and health tracker app that integrates with many of the Withings devices, including their watches, scales, blood pressure monitors and sleep tracking mat. It provides personalized, easy-to-understand data that can be shared with your healthcare provider.

GoodRx: Prescription Drugs, Discounts & Coupons App
GoodRx
goodrx.com

Compare prescription drug prices across pharmacies, find GoodRx pharmacy or manufacturer coupons and discounts, read savings tips and set up refill reminders and savings alerts for your prescriptions with this app. Upgrading to GoodRx Gold provides additional savings at any participating GoodRx Gold pharmacy.

Pill Reminder & Medication Tracker — Medisafe
Medisafe
medisafeapp.com

This app functions as a manager and pill reminder for medications, vitamins and supplements. Additional features include the integration of metrics from other health apps, such as blood pressure or blood glucose levels, report sharing, coupons and time zone reminders for traveling.

SLEEP

Calm—Meditate, Sleep, Relax
Calm.com, Inc.
calm.com

Guided meditations, sleep stories, breathing programs, stretching exercises and relaxing music are available through this app to help improve sleep habits. Calm meditation and sleep sessions are connected to the Apple Health app.

Sleep
Bending Spoons
bendingspoons.com

Establish a regular bedtime routine, listen to bedtime stories, participate in sleep meditations or listen to relaxing sleep/white noise sounds through this app for a more restful slumber.

Sleep Cycle: Sleep Analysis and Smart Alarm Clock
Sleep Cycle AB
sleepcycle.com

This app includes a smart alarm clock that analyzes sleep patterns to wake you up in your lightest phase of sleep. It also detects sleep disturbances such as snoring, sleep talking, coughing and other sounds, and provides a detailed sleep analysis. Premium upgrade features include relaxing sleep sounds and a story library.

Alison Massey, MS, RD, LDN, CDCES, *is a registered dietitian and certified diabetes educator in Maryland.*

SHUTTERSTOCK

New
Find at CVS
Frankincense & Myrrh
INTENSIVE Foot Therapy LOTION
Temporary Pain Relief
Dual Action Relief & Repair
Hydrating Repair
Pain Relieving Topical Lotion
HOMEOPATHIC
Net Wt. 3 Oz (85g)
TEMPORARY PAIN RELIEF
• Shooting
• Prickling
• Tingling
• Numbness
NEUROPATHY
RUBBING OIL
SATISFACTION 100% GUARANTEED

Pain Keeping You From What You Love?

Get Fast Relief

Frankincense & Myrrh®

Foot Pain Relief and Hydrating Skin Repair

INTENSIVE FOOT THERAPY – Lotion
NEW **dual action** lotion for **foot pain relief** and hydrating **skin repair.**

NEUROPATHY – Rubbing Oil
Our fastest-acting **pain relief** product with **NO side effects.**

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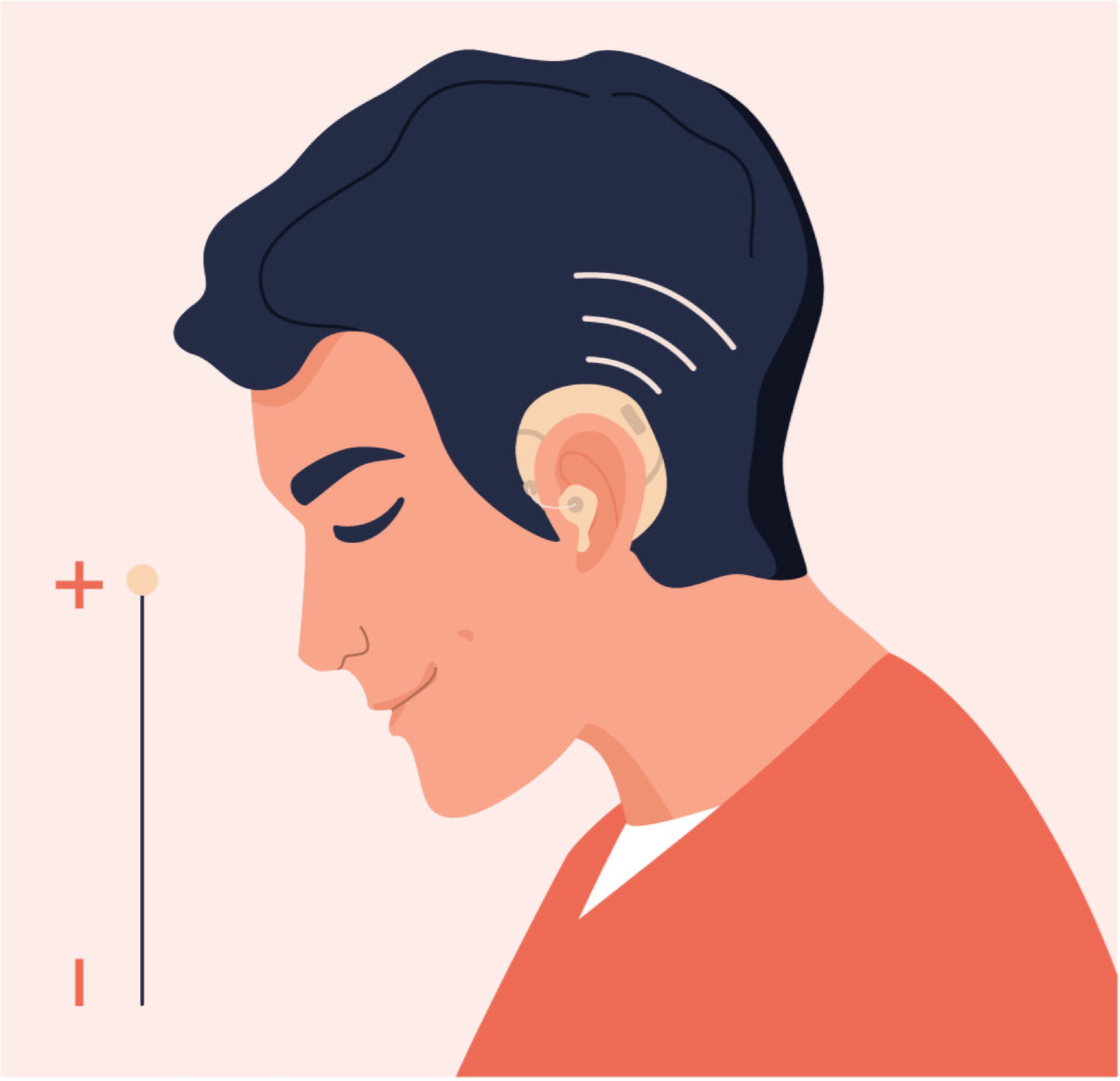

GIVE HEARING AIDS A CHANCE

BY ROBERT S. DINSMOOR

An estimated 48 million people in the United States have some degree of hearing loss, and studies show that hearing loss is twice as common in people with diabetes as in those without it. Scientists don't know exactly how diabetes contributes to hearing loss, but they suspect that, just as prolonged high blood glucose damages blood vessels in the eyes, kidneys and other body parts, it may damage the vessels in and leading to the inner ear as well. Diabetes may also affect the auditory nerves in the same way that it impacts nerves in the hands, feet and elsewhere throughout the body.

You may not even be aware that you have hearing loss, especially if it has occurred gradually. However, you might think that other people are mumbling, or you might have trouble following conversations, especially in crowded rooms. Other people may start to complain that you're not listening, that you always ask them to repeat themselves, or that you turn the volume on the TV up too loud. If any of this sounds familiar, you should speak with your primary care

SHUTTERSTOCK

physician or ear, nose and throat doctor (also known as an ENT, or otolaryngologist).

Some cases of hearing loss are very straightforward to treat: Sometimes, removal of ear wax or other blockages may immediately improve hearing. If an acute ear infection causes the hearing loss, antibiotics may greatly improve the situation. Surgery may be used to treat hearing loss from a head trauma, damage from chronic ear infections, or chronic fluid buildup in the inner ear.

Types of hearing aids

In some cases, getting the proper hearing aids can greatly improve a person's day-to-day life. There are many different types of hearing aids on the market, but they all share three basic components—a microphone that picks up sound, an amplifier that makes it louder, and a receiver that transmits these amplified sounds into the ear.

The two main types of hearing aids are analog hearing aids and digital hearing aids. Analog hearing aids, which are generally less expensive and have simple volume controls, electronically amplify sounds. This technology is becoming less common. Digital hearing aids are more sophisticated, converting sound waves into digital signals, providing a duplicated and amplified version of the original sound. Digital hearing aids can be adjusted for different patterns of hearing loss, as well as various settings and situations.

Hearing aids also come in different styles: In-the-canal (ITC) and completely-in-the-canal (CIC) hearing aids fit partly or fully into a person's ear and are harder to see. In-the-ear (ITE) hearing aids fit completely inside the ear. Behind-the-ear (BTE) or "mini" behind-the-ear (mini BTE) hearing aids sit primarily behind the ear, with a plastic ear mold fitting inside the outer ear and directing the sound into the ear canal. Sometimes, the hearing aid is connected to a narrow tube leading into the ear canal. Some hearing aids include directional microphones, which help people hear sounds coming from a specific direction while tuning out background noise. (This option is very handy for speaking across the table from someone at a noisy restaurant, for example.) Wireless connectivity available on some models allows users to sync up their hearing aids with Bluetooth-compatible devices, such as cellphones, music players and televisions.

Choosing a hearing aid

If you're considering getting a hearing aid, the first step is to visit an audiologist in your area. (Proximity is important, as you may need to return to your audiologist frequently for adjustments.) The audiologist can help you choose a device based on your degree of hearing loss, how unnoticeable you want it to be, your finances and other considerations. Also, ask whether you'll have a trial period, which would give you a chance to try it out and see whether it's working for you. Ideally, the hearing aids should come with a warranty that covers parts and any labor. Find out how many return visits to the audiologist, if any, are covered by the price of the hearing aids. If they're not covered, get an idea of how much the office visits will cost.

What if you have hearing loss in both ears? If cost is a major concern, you may opt to get only one hearing aid, but most audiologists recommend getting a set of two in these cases.

Using your hearing aid

A hearing aid won't restore your hearing to normal—it can only amplify sounds. There's also a learning curve that goes with a new hearing aid. It actually takes time to get used to the amplified sounds. That includes other people's speech, which can sound much different when certain frequencies are amplified. Consonants, for example, can sound very different through a hearing aid.

If you suspect that you have hearing loss, you owe it to yourself to look into hearing aids. Even if you don't think you're missing much, you might be surprised by how much they can improve your hearing—and your life. **DSM**

Why I Love My Latest Hearing Aids

I've written about hearing aids in the past, talking about how my latest ones were better than the previous ones. Here are some not-so-high-tech changes that have made my latest pair so much easier to use:

- Most models now have built-in batteries that can be charged overnight. I simply place my hearing aids in a charging base, where they recharge while I sleep. No worrying about batteries. Plus, the charging station, which I keep on my dresser, is a very convenient place for them to "live," and so I'm much less likely to lose them.
- Many models also now use Bluetooth technology, which has a number of benefits. They can sync up with smartphones, so I can manage their settings such as volume with a few taps. I can hear phone conversations directly through my hearing aids. I can play music from my iPhone directly into my hearing aids. If I wanted, I could even attach a Bluetooth unit to my TV to feed the sound directly into the hearing aids.
- If I do lose my hearing aids, I can use my hearing aid app to find them. It displays a map showing where I am and where they are—even if they're miles away.
- I don't have to clean out my hearing aids anymore. Instead of being carried through a hollow plastic tube, the sound is carried through a wire within a plastic tube. If the hearing aid becomes blocked, I can replace the earbud, the piece that goes into my ear canal and, if necessary, the filter that keeps gunk from the earbud from blocking the sound. Both the earbud and the filter are cheap pieces that I replace once a month and twice a month, respectively.

TOP PICKS

Diabetes-Friendly Foods

BY AMY CAMPBELL, MS, RD, LDN, CDCES

Quinn White Cheddar & Sea Salt Microwave Popcorn

Who doesn't love popcorn, let alone cheese popcorn? Quinn White Cheddar & Sea Salt Microwave Popcorn is made with organic popcorn and sunflower oil and flavored with aged white cheddar and sea salt, making this a snack you'll reach for time and time again. Plus, this tasty treat is gluten free, non GMO and contains none of those suspect preservatives, artificial flavors and additives found in other brands of microwave popcorn.

One serving (3 cups) has 170 calories and 13 grams of carbohydrate.

quinnsnacks.com

Banza Cavatappi

Pasta is a no-no when you have diabetes, right? Wrong! You can eat pasta, and if you choose Banza Cavatappi, you'll worry even less about the carbohydrate. That's because this pasta is made with chickpeas, making it 25% lower in carb than regular wheat pasta. It's got nearly two times the protein and three times the fiber as regular pasta, as well. And it's gluten free! Did we mention that it looks, cooks and tastes like regular pasta?

One serving (2 ounces) has 190 calories and 32 grams of carbohydrate.

eatbanza.com

Yo Mama's Marinara Sauce

How about a great-tasting sauce to top off that cavatappi? Trying to find a pasta sauce that isn't loaded with sugar and other less-than-desirable ingredients can be like searching for a needle in a haystack. Meet Yo Mama's Marinara sauce. What you see is what you get: tomatoes, onions, basil, olive oil, oregano, black pepper and a touch of salt. What you don't get: sugar, gluten, GMOs and preservatives. Just like mama would make. And you can't beat the carbs—just 5 grams per serving!

One serving (½ cup) has 60 calories and 5 grams of carbohydrate.

yomamasfoods.com

Icelandic Provisions Plain Skyr

Sure, yogurt is great, but have you tried skyr? Skyr is a thick and creamy cultured product that just so happens to be full of protein (even more than its Greek cousin, as it turns out). Plain Icelandic Provisions Skyr is delicious, healthy and has an amazing 17 grams of protein—all with 0 grams of added sugar. Perfect with fresh fruit or blended into your favorite smoothie recipe or simply as-is. It's that good!

One serving (5.3 ounces) has 120 calories and 8 grams of carbohydrate.

icelandicprovisions.com

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If you're looking for some new snack ideas or have been searching high and low for lower-carbohydrate products, look no further. Here's a lineup of food products that provide nutrition, taste great, and will fit nicely into your diabetes eating plan.

Harvest Snaps Lightly Salted Green Pea Snack Crisps

You might have hated peas when you were a kid, but you're going to love Harvest Snaps Green Pea Snack Crisps. Made from wholesome green peas, these crunchy baked snacks are a far cry from traditional potato and corn chips that provide mainly fat and salt. Harvest Snaps contain 5 grams of fiber and 5 grams of protein, so they're filling as well as scrumptious. And they rate low on the sodium scale, with only 75 milligrams of sodium per serving.

One serving (22 pieces) contains 130 calories and 16 grams of carbohydrate.

harvestsnaps.com

Green Giant Riced Veggies

If you're cutting carbs or following a gluten-free diet, rice and other grains may be off-limits. But never fear, it's veggies to the rescue! Green Giant Riced Veggies, that is. Choose from a wide assortment of varieties, including broccoli, risotto medley and cauliflower medley. They're 100% vegetables and 0% added ingredients (including sodium and gluten), preservatives, flavorings and artificial colors. Best of all, they'll save you a ton of work—no peeling and chopping. Just cook, eat and enjoy!

One serving (½ to 1 cup) contains 20 to 50 calories and 4 to 12 grams of carbohydrate (depending on the variety).

greengiant.com

Otto's Cassava Flour

If you've been searching for a grain-free/nut-free flour that actually tastes good, your search ends right now. Otto's Cassava Flour is made from cassava (aka yucca), a root vegetable that, when dried and ground up, makes a perfect alternative to wheat flour. This flour is 100% cassava, which means no fillers, gums, additives or gluten. Just use 3/4 cup of Otto's Cassava Flour for every 1 cup of all-purpose flour in your favorite recipes and start baking to your heart's content.

One serving (¼ cup) contains 110 calories and 28 grams of carbohydrate.

ottosnaturals.com

Dave's Killer Bread Powerseed Thin-Sliced

Bread seems to be at the top of everyone's "do not eat" list these days. "Too many carbs!" bread detractors claim. That's really not true, though, especially if you go for Dave's Killer Bread Powerseed Thin-Sliced. Bursting with wholesome goodness from whole wheat, flaxseeds, pumpkin seeds, sesame seeds, rolled oats and more, this bread will leave you satisfied without the blood sugar spike later on. This bread slays it!

One serving (1 slice) contains 60 calories and 12 grams of carbohydrate.

daveskillerbread.com

TOP PICKS
Diabetes-Friendly Foods

These foods are nutritious, delicious and fit well into a diabetes eating plan.

KIND Cranberry Almond Bar

You know all too well what happens at 3 o'clock in the afternoon: You're sapped of energy and it takes every ounce of effort to stay awake. But rather than head for the vending machine or raid the kitchen for something that will only send your blood sugar skyrocketing, why not reach for a KIND Bar instead? Better yet, reach for a KIND Cranberry Almond Bar. With the right balance of carb, protein and fat (and let's not forget the fiber), this gluten-free bar will satisfy your sweet tooth and give you the energy that you need to power through that afternoon slump. Thanks to KIND Bar, you got this!

One serving (1 bar) contains 160 calories and 19 grams of carbohydrate.

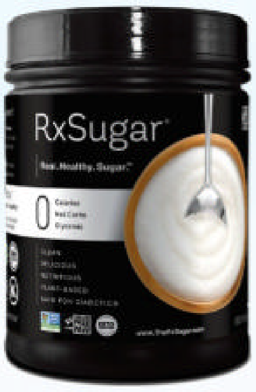
kindsnacks.com

SunButter No Sugar Added Sunflower Butter

Not everyone can or chooses to eat peanut butter. And almond butter is off limits for people with tree nut allergies. No worries, though, because there's SunButter No Sugar Added Sunflower Butter. The key ingredient is sunflower seeds that are roasted and ground into a creamy, smooth "butter" that is free from peanuts, tree nuts, soy, sugar, milk, eggs, wheat, fish and shellfish (whew!). All that you'll find in this spread are roasted sunflower seeds and a bit of salt. Spread it on bread, use it as a dip, bake with it or simply eat it straight out of the jar (it's that good!).

One serving (2 tablespoons) contains 210 calories and 4 grams of carbohydrate.

sunbutter.com



RxSugar

Just because you have diabetes doesn't mean you can't enjoy the taste of something sweet. If you're looking for a substitute for sugar but aren't sure of the best choice, consider RxSugar. This sweetener is made with allulose, a low-calorie sugar that's naturally found in small amounts in foods like figs and raisins. RxSugar looks like sugar, tastes like sugar and even behaves like sugar—yes, you can cook and bake with it. Best of all, it's zero calories and won't cause blood sugar surges (that's right—even though allulose has calories, it's not metabolized by the body). RxSugar is Non-GMO Project Verified, Keto Certified, Gluten-Free Certified, FODMAP Friendly, Kosher Certified and plant-based/vegan, so it fits right into any eating plan.

One serving (1 teaspoon) contains 0 calories and 4 grams of carbohydrate.

therxsugar.com

GG Exceptional Fiber Scandinavian Fiber Crispbread

Does a cracker exist that isn't loaded with carbs, gives you a decent amount of fiber, and actually tastes good? GG Exceptional Fiber Scandinavian Fiber Crispbread does all this, as a matter of fact, and more. Weighing in at only 20 calories and 20 milligrams of sodium per cracker, this crispbread is tasty plain or topped with your favorite nut butter, a boiled egg, some avocado or a spread of cream cheese. It makes a perfect, filling snack when those horrible hungries strike.

One serving (1 cracker) contains 20 calories and 6 grams of carbohydrate.

ggbrancrispbread.com

Amy Campbell, MS, RD, LDN, CDCES, *is a registered dietitian, certified diabetes care and education specialist, and CDE Lead at Good Measures, LLC.*

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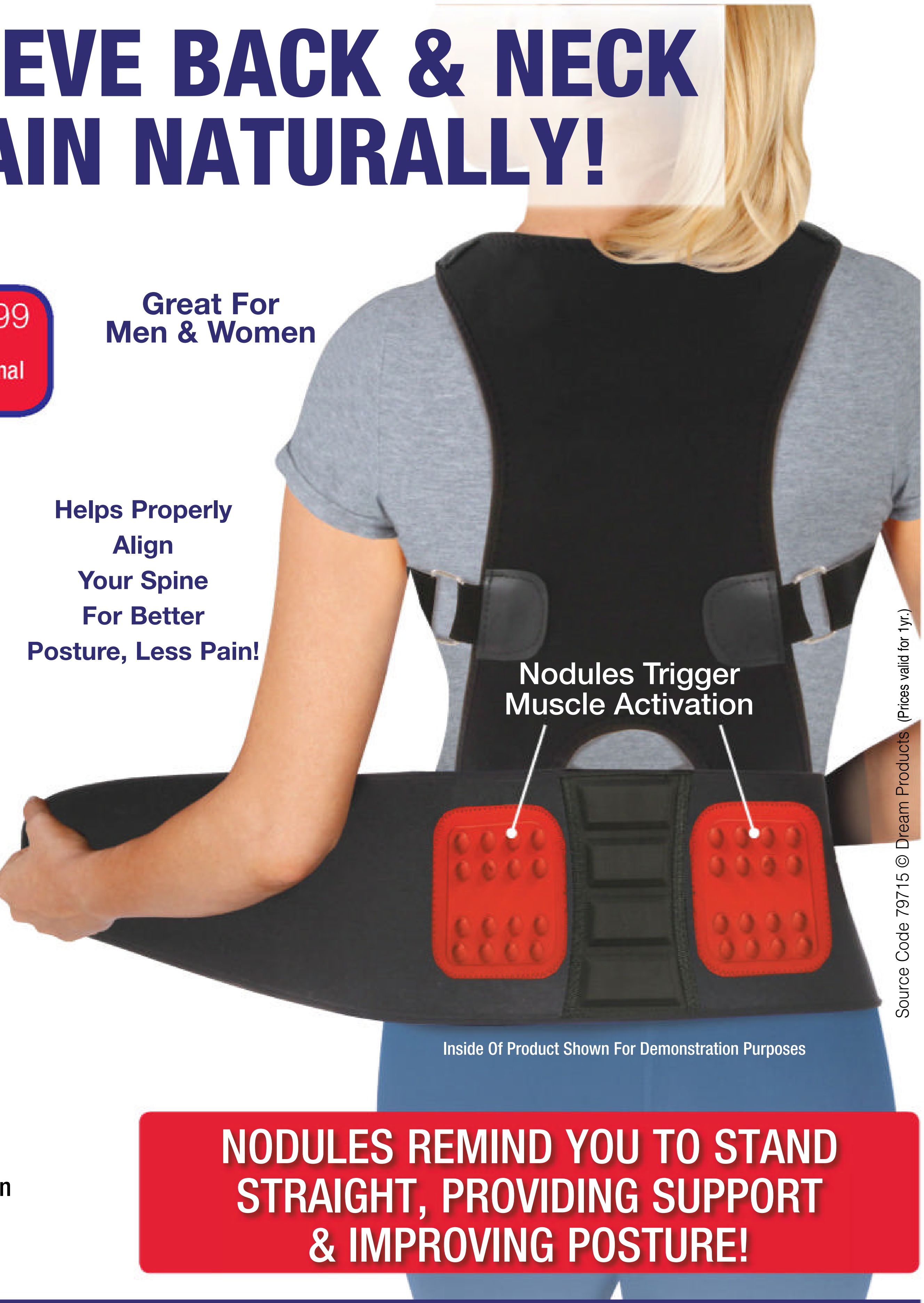

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Step Into Spring

BY LORENA DRAGO, MS, RDN, CDN, CDCES

What is your favorite meal of the day? Mine is breakfast! I must confess that I am baffled when people tell me that they skip breakfast or that theirs is just a cup of coffee or tea. One of the most common excuses for skipping breakfast is lack of time. When we are rushed getting everyone ready in the morning, breakfast often takes a back seat. But preparing it in batches the night before when possible makes it easy to pack and go. With these delicious, no-fuss recipes, you'll never want to skip the most important meal of the day again.

Once you've set the stage with a healthful breakfast, why not keep up the momentum for the rest of your meals? Whether you're looking for a delicious dinner or a simple snack, you'll find something you love in our seafood, beef and yogurt collections. Enjoy!

OUR RECIPES

Like everyone, you're busy—and we keep that in mind when we select recipes. Many of them can be prepared in 30 minutes or less. Others require short preparation times followed by long cooking times. We've also included symbols to help you more easily find those recipes especially high in fiber, low in fat, carbohydrates and sodium.

▲ FI HIGH-FIBER RECIPE
5g or more of fiber per serving

▼ LF LOW-FAT RECIPE
3g or less of fat per serving

▼ LC LOW-CARB RECIPE
15g or less of carbs per serving

▼ LS LOW-SODIUM RECIPE
140mg or less of sodium per serving

SHUTTERSTOCK

Banana-Pineapple Breakfast Shake

4 SERVINGS | **1 CUP**

▼ **LF** | ▼ **LS**

CAL 140 | **FAT** 1G | **SAT FAT** 1G | **PROTEIN** 8G | **CARBS** 27G | **CHOL** 2MG | **FIBER** 1G | **SODIUM** 95MG

DIETARY EXCHANGE: 1½ FRUIT, ½ MILK

- **2 cups plain fat-free yogurt**
- **1 can (8 ounces) crushed pineapple in juice, undrained**
- **1 ripe medium banana**
- **8 packets sugar substitute**
- **1 teaspoon vanilla extract**
- **⅛ teaspoon ground nutmeg**
- **1 cup ice cubes**

1. Combine yogurt, pineapple, banana, sugar substitute, vanilla, nutmeg and ice in blender. Process until smooth.

2. Pour into 4 glasses. Serve immediately.

TIP *This recipe is perfect for a brunch or special meal. Make as many batches as you need to serve the family.*

Get more delicious diabetes-friendly recipes at
DiabetesSelfManagement.com/recipes

Quick Breakfast Blintzes

4 SERVINGS | **2 BLINTZES**

CAL 231 | **FAT** 6G | **SAT FAT** 3G | **PROTEIN** 10G | **CARBS** 34G | **CHOL** 35MG | **FIBER** 4G | **SODIUM** 183MG

DIETARY EXCHANGE: 2 BREAD/STARCH, ½ FAT, ½ FRUIT, ½ MEAT

1	**teaspoon unsalted butter**
¼	**teaspoon ground cinnamon**
¼	**teaspoon ground nutmeg**
2	**ripe but firm Bartlett pears, peeled and cut into ½-inch cubes**
1	**teaspoon vanilla extract**
1½	**cups reduced-fat ricotta cheese**
8	**8-inch packaged thin crêpes**
3	**teaspoons powdered sugar, divided**
	Ground cinnamon (optional)

1. Melt butter in 10-inch nonstick skillet over medium heat. Stir cinnamon and nutmeg into butter. Add pears; cook and stir 3 to 4 minutes, or until warmed and tender.

2. Add vanilla to ricotta cheese; stir well to lighten. Place crêpes on sheet of waxed paper sprinkled with 1 teaspoon powdered sugar. Spoon ricotta cheese mixture down center of crêpes. Spoon pears over cheese; roll up and place on microwave-safe serving plates.

3. Microwave each serving separately on high 20 to 30 seconds, or until warm.

4. Place powdered sugar in fine mesh strainer; shake over crêpes. Sprinkle with cinnamon, if desired.

Get more delicious diabetes-friendly recipes at
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Berry Oatmeal With Vanilla Sweet Cream

4 SERVINGS | ½ CUP OATS, ¼ CUP SWEET CREAM AND ½ CUP BERRIES

▲ **FI** | ▼ **LF** | ▼ **LS**

CAL 150 | **FAT** 2G | **SAT FAT** 1G | **PROTEIN** 5G | **CARBS** 30G | **CHOL** 8MG | **FIBER** 5G | **SODIUM** 120MG

DIETARY EXCHANGE: 1 BREAD/STARCH, ½ FAT, 1 FRUIT

2	**cups water**
1	**cup quick-cooking oats**
1	**tablespoon pourable sugar substitute***
½	**teaspoon ground cinnamon**
⅛	**teaspoon salt**
¾	**cup fat-free half-and-half**
3	**tablespoons pourable sugar substitute***
½	**teaspoon vanilla extract**
½	**teaspoon almond extract**
1½	**cups fresh or frozen blueberries, thawed**
½	**cup fresh or frozen raspberries, thawed**

1. Bring water to a boil in large saucepan over high heat. Stir in oats, then reduce heat to medium and cook, uncovered, 2 minutes, or until thickened. Remove from heat, stir in 1 tablespoon sugar substitute, cinnamon and salt.

2. Meanwhile, combine Sweet Cream ingredients (half-and-half, sugar substitute, vanilla extract, almond extract) in medium bowl.

3. To serve, spoon equal amounts of oatmeal in each of 4 parfait glasses or shallow bowls, pour Sweet Cream over oatmeal, and top with berries.

***Note:** This recipe was tested using sucralose-based sugar substitute.

Cherry-Orange Oatmeal

4 SERVINGS | **¾ CUP OATMEAL**

▼ **LF** | ▼ **LS**

CAL 150 | **FAT** 2G | **SAT FAT** 1G | **PROTEIN** 4G | **CARBS** 39G | **CHOL** 0MG | **FIBER** 3G | **SODIUM** 6MG

DIETARY EXCHANGE: 1 BREAD/STARCH, 1½ FRUIT

1 can (11 ounces) mandarin orange segments in light syrup, drained, divided
1 cup fresh pitted cherries or frozen dark, sweet cherries, divided
2 cups water
1 cup old-fashioned oats
1 tablespoon unsweetened cocoa powder
2 tablespoons sugar substitute*

1. Set aside eight orange segments and four cherries for garnish.

2. Combine water, remaining orange segments and cherries, oats, cocoa and sugar substitute in medium microwavable bowl. Microwave on high 2 minutes. Stir; microwave 4 minutes.

3. Divide mixture evenly among four serving bowls. Garnish with reserved oranges and cherries

***Note:** This recipe was tested with sucralose-based sugar substitute.

TIP *Oats are a staple in many homes, and with good reason. They are a whole grain that pairs deliciously with fruit, nuts, seeds and milk. Oats are also inexpensive, easy to prepare and delicious. Their health benefits include lowering LDL, or "bad," cholesterol. Did you know that oats additionally can play a role in blood sugar regulation? They have repeatedly been shown to improve blood glucose levels after meals, as well as insulin levels. They are also a good source of plant protein. One cup of cooked oats contains 10 grams of protein—2 more grams than a glass of milk.*

Peanut Butter Cereal Bars

40 SERVINGS | 1 BAR

▼ **LF** | ▼ **LC** | ▼ **LS**

CAL 66 | **FAT** 3G | **SAT FAT** 1G | **PROTEIN** 1G | **CARBS** 10G | **CHOL** 2MG | **FIBER** 1G | **SODIUM** 54MG

DIETARY EXCHANGE: ½ BREAD/ STARCH, ½ FAT

	Nonstick cooking spray
3	**cups mini marshmallows**
3	**tablespoons butter or margarine**
½	**cup reduced-fat peanut butter**
3 ½	**cups crisp rice cereal**
1	**cup quick oats**
⅓	**cup mini semisweet chocolate chips**

1. Spray 13x9-inch baking pan with nonstick cooking spray.

2. Combine marshmallows and butter in large microwavable bowl. Microwave on high 15 seconds; stir. Microwave 1 minute; stir until marshmallows are melted and mixture is smooth. Add peanut butter; stir. Add cereal and oats; stir until well coated. Spread into prepared pan. Immediately sprinkle chocolate chips on top; lightly press into cereal mixture.

3. Cool completely in pan. Cut into 40 bars to serve.

TIP *To make spreading the cereal mixture easier and cleanup a snap, lightly spray your spoon with nonstick cooking spray before stirring these bars.*

Get more delicious diabetes-friendly recipes at DiabetesSelfManagement.com/recipes

▲ **FI HIGH-FIBER** | ▼ **LF LOW-FAT** | ▼ **LC LOW-CARBOHYDRATE** | ▼ **LS LOW-SODIUM**

Scrambled Egg Burritos

4 SERVINGS | 1 BURRITO WITH 1 TABLESPOON PLUS 1 TEASPOON SALSA

CAL 192 | **FAT** 5G | **SAT FAT** 3G | **PROTEIN** 13G | **CARBS** 23G | **CHOL** 10MG | **FIBER** 2G | **SODIUM** 423MG

DIETARY EXCHANGE: 1 BREAD/STARCH, 1 VEGETABLE, 1½ MEAT

Nonstick cooking spray
1 medium red bell pepper, chopped
5 green onions, sliced
½ teaspoon red pepper flakes
1 cup cholesterol-free egg substitute or 8 egg whites
1 tablespoon chopped fresh cilantro or parsley
4 8-inch flour tortillas
½ cup (2 ounces) shredded low-sodium reduced-fat Monterey Jack cheese
⅓ cup salsa

1. Spray medium nonstick skillet with cooking spray. Heat over medium heat. Add bell pepper, green onions and red pepper flakes; cook and stir 3 minutes, or until vegetables are crisp-tender.

2. Add egg substitute to vegetables. Reduce heat to low. Cook and stir 3 minutes, or until set. Sprinkle with cilantro.

3. Stack tortillas and wrap in paper towels. Microwave on high 1 minute, or until tortillas are hot.

4. Place one-fourth egg mixture on each tortilla. Sprinkle with 2 tablespoons cheese. Fold sides over to enclose filling. Serve with salsa.

Scrambled Egg and Red Pepper Pockets

2 SERVINGS | **1 PITA HALF**

CAL 155 | **FAT** 6G | **SAT FAT** 3G | **PROTEIN** 8G | **CARBS** 17G | **CHOL** 113MG | **FIBER** 3G | **SODIUM** 285MG

DIETARY EXCHANGE: 1 BREAD/STARCH, ½ FAT, 1 MEAT

1	**egg**
2	**egg whites**
1	**tablespoon fat-free (skim) milk**
⅛	**teaspoon salt (optional)**
⅛	**teaspoon black pepper**
	Nonstick cooking spray
1½	**teaspoons unsalted butter, softened and divided**
3	**tablespoons minced red onion**
2	**tablespoons diced jarred roasted red pepper (blot before dicing)**
1	**whole-wheat pita bread round, cut in half crosswise**

1. Whisk egg, egg whites, milk, salt, if desired, and black pepper in small bowl until well blended.

2. Spray medium skillet with nonstick cooking spray. Add ½ teaspoon butter; heat over medium heat. Add onion; cook and stir 3 to 5 minutes, or until lightly browned. Pour egg mixture into skillet; sprinkle with red peppers. Stir gently, lifting edge to allow uncooked portion to flow underneath. Continue cooking until set.

3. Evenly spread inside of each pita half with remaining 1 teaspoon butter. Spoon egg mixture into pita halve.

Note: An ideal breakfast includes lean protein, complex carbohydrates and a little bit of fat. This recipe includes all of the important aspects for a nutritious meal; it's filling enough to get you through the morning. Plus, it's fast and easy to make, even on the run!

TIP *If you've shied away from eggs, it may be time to give them another try. One egg has 6 grams of protein. And while many people discard the yolk over cholesterol concerns, the* 2015-2020 Dietary Guidelines for Americans *removed the prior recommendation to limit dietary cholesterol to 300 milligrams per day. The reason? The relationship between dietary cholesterol and blood cholesterol has been found to be weak. So think again before you discard that yolk! It is a great source of choline, which can improve memory both in developing babies during pregnancy as well as later in life. The yolk also contains nearly half the protein and a higher proportion of the egg's vitamins than the white.*

Get more delicious diabetes-friendly recipes at DiabetesSelfManagement.com/recipes

Baked Fish With Tomatoes & Herbs

4 SERVINGS

▼ **LC**

CAL 150 | **FAT** 4G | **SAT FAT** 1G | **PROTEIN** 24G | **CARBS** 4G | **CHOL** 42MG | **FIBER** 1G | **SODIUM** 360MG

DIETARY EXCHANGE: 1 VEGETABLE, 3 MEAT

	Nonstick cooking spray
4	**lean white fish fillets (about 1 pound), such as orange roughy or sole**
2	**tablespoons plus 2 teaspoons lemon juice, divided**
½	**teaspoon paprika**
1	**cup finely chopped seeded tomatoes**
2	**tablespoons capers, rinsed and drained**
2	**tablespoons finely chopped fresh parsley**
1½	**teaspoons dried basil**
2	**teaspoons olive oil**
¼	**teaspoon salt**

1. Preheat oven to 350°F. Coat 12x8-inch glass baking pan with nonstick cooking spray.

2. Arrange fish fillets in pan; drizzle 2 tablespoons lemon juice over fillets and sprinkle with paprika. Cover with foil; bake 18 minutes, or until opaque in center and flakes easily when tested with fork.

3. Meanwhile, in medium saucepan, combine tomatoes, capers, parsley, remaining 2 teaspoons lemon juice, basil, oil and salt. Five minutes before fish is done, place saucepan over high heat. Bring to a boil. Reduce heat and simmer 2 minutes, or until hot. Remove from heat.

4. Serve fish topped with tomato mixture.

TIP *Fish is just what the doctor ordered! The American Heart Association and the 2015-2020 Dietary Guidelines for Americans both recommend eating up to 8 ounces of nonfried seafood per week. The goal is to consume at least 250 milligrams per day of the omega-3 fatty acids EPA and DHA to help with brain function and heart health. Go through these seafood recipes, and I am sure you will find one or two that will be a family winner!*

Skillet Fish With Lemon Tarragon “Butter”

2 SERVINGS

▼ **LF** | ▼ **LC**

CAL 125 | **FAT** 3G | **SAT FAT** 1G | **PROTEIN** 22G | **CARBS** 1G | **CHOL** 60MG | **FIBER** 1G | **SODIUM** 291MG

DIETARY EXCHANGE: 3 MEAT

2 teaspoons reduced-fat margarine
4 teaspoons lemon juice, divided
½ teaspoon grated lemon peel
¼ teaspoon prepared mustard
¼ teaspoon dried tarragon leaves
⅛ teaspoon salt
Nonstick cooking spray
2 lean white fish fillets (4 ounces each),* rinsed and patted dry
¼ teaspoon paprika

1. Combine margarine, 2 teaspoons lemon juice, lemon peel, mustard, tarragon and salt in small bowl. Blend well with fork; set aside.

2. Coat 12-inch nonstick skillet with cooking spray. Heat over medium heat until hot.

3. Drizzle fillets with remaining 2 teaspoons lemon juice. Sprinkle one side of each fillet with paprika. Place fillets in skillet, paprika side down; cook 3 minutes. Gently turn and cook 3 minutes longer, or until opaque in center and flakes easily when tested with fork. Place fillets on serving plates; top with margarine mixture.

***Note:** Cod, orange roughy, flounder, haddock, halibut and sole can be used.

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▲ **FI** HIGH-FIBER | ▼ **LF** LOW-FAT | ▼ **LC** LOW-CARBOHYDRATE | ▼ **LS** LOW-SODIUM

Fish Tacos With Cilantro Cream Sauce

4 SERVINGS | **2 TACOS**

▲ **FI**

CAL 309 | **FAT** 10G | **SAT FAT** 3G | **PROTEIN** 28G | **CARBS** 29G | **CHOL** 72MG | **FIBER** 5G | **SODIUM** 347MG

DIETARY EXCHANGE: 2 BREAD/STARCH, 3 MEAT

½	**cup reduced-fat sour cream**
¼	**cup chopped fresh cilantro**
1¼	**teaspoons ground cumin, divided**
1	**pound skinless tilapia, mahi-mahi or other firm white fish fillets**
1	**teaspoon chipotle hot pepper sauce, divided**
1	**teaspoon garlic salt**
2	**teaspoons canola or vegetable oil**
1	**red bell pepper, cut into strips**
1	**green bell pepper, cut into strips**
8	**corn tortillas, warmed**
4	**limes, cut into wedges**

1. For Cilantro Cream Sauce, combine sour cream, cilantro and ¼ teaspoon cumin in small bowl. Refrigerate until needed.

2. Cut fish into 1-inch chunks; toss with ½ teaspoon hot pepper sauce, remaining 1 teaspoon cumin and garlic salt in medium bowl. Heat oil in large nonstick skillet over medium heat. Add fish; cook, turning gently, 3 to 4 minutes, or until fish is opaque in center. Transfer to plate.

3. Add bell peppers to skillet; stir-fry 6 to 8 minutes, or until tender. Return fish to skillet, adding remaining ½ teaspoon hot pepper sauce; toss with bell peppers and cook just until heated through.

4. Spoon mixture into warm tortillas. Serve with Cilantro Cream Sauce and lime.

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Honey-Mustard Salmon

4 SERVINGS

▼ **LC**

CAL 195 | **FAT** 7G | **SAT FAT** 1G | **PROTEIN** 23G | **CARBS** 8G | **CHOL** 62MG | **FIBER** 0G | **SODIUM** 167MG

DIETARY EXCHANGE: ½ BREAD/STARCH, 3 MEAT

¼	**cup white balsamic vinegar**
2	**tablespoons honey**
2	**tablespoons Dijon mustard**
¼	**teaspoon lemon juice**
1	**clove garlic, minced**
⅛	**teaspoon black pepper**
4	**salmon fillets (4 ounces each)**
	Nonstick cooking spray

1. To make honey-mustard dressing, combine vinegar, honey, mustard, lemon juice, garlic and pepper in medium bowl. Whisk until well combined.

2. Brush salmon with ⅓ cup honey-mustard dressing.

3. Coat nonstick skillet with nonstick cooking spray; heat over medium heat. Set salmon skin-side down in skillet; cook about 3 to 5 minutes.

4. Turn over salmon and continue to grill until fish is flaky and looks opaque in color, 3 to 5 minutes, turning and brushing with additional dressing, as needed.

SHUTTERSTOCK

Broiled Cod With Salsa Salad

4 SERVINGS | 3 OUNCES COD AND ½ CUP SALSA SALAD

▼ LF | ▼ LC

CAL 120 | **FAT** 3G | **SAT FAT** 0G | **PROTEIN** 16G | **CARBS** 8G | **CHOL** 36MG | **FIBER** 2G | **SODIUM** 270MG

DIETARY EXCHANGE: 1 VEGETABLE, 2 MEAT

	Nonstick cooking spray
1	**green bell pepper, diced**
1	**serrano chile pepper,* minced**
2	**medium tomatoes, chopped**
½	**cup chopped red onion**
1	**tablespoon chopped fresh cilantro**
2	**teaspoons olive oil, divided**
1	**teaspoon white wine vinegar**
⅜	**teaspoon salt, divided**
⅜	**teaspoon black pepper, divided**
⅛	**teaspoon dried oregano**
12	**ounces cod fillets, about ¾-inch thick**
4	**lemon wedges**

1. Line baking sheet with foil; spray with nonstick cooking spray.

2. Combine bell pepper, serrano pepper, tomatoes, onion, cilantro, 1 teaspoon oil, vinegar, ¼ teaspoon salt and ¼ teaspoon black pepper in large bowl; toss to coat evenly. Set aside.

3. Combine remaining 1 teaspoon oil, remaining ⅛ teaspoon salt, ⅛ teaspoon black pepper and oregano in small bowl; mix well. Place cod on prepared baking sheet; brush evenly with spice mixture.

4. Broil 4 inches from heat source 6 to 8 minutes, or until fish flakes easily when tested with fork. Serve cod with Salsa Salad. Garnish with lemon wedges.

***Note:** Serrano chile peppers can sting and irritate the skin, so wear rubber gloves when handling peppers and do not touch your eyes.

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Shrimp Tacos

8 SERVINGS | **1 TACO**

▼ **LC**

CAL 163 | **FAT** 8G | **SAT FAT** 1G | **PROTEIN** 10G | **CARBS** 15G | **CHOL** 71MG | **FIBER** 4G | **SODIUM** 483MG

DIETARY EXCHANGE: 1 BREAD/STARCH, 1 FAT, 1 MEAT

1	**pound jumbo or colossal raw shrimp, peeled and deveined (16 count)**
2	**tablespoons fresh lemon juice, divided**
½	**teaspoon ground cumin, divided**
¼	**teaspoon black pepper**
1	**pint cherry or grape tomatoes, halved**
1	**small red onion, finely chopped**
1	**serrano chile pepper, cored, seeded and minced**
1	**clove garlic, minced**
1	**tablespoon chopped fresh cilantro**
¼	**teaspoon salt**
	Nonstick cooking spray
8	**corn tortillas or taco shells, heated**
1	**cup coarsely shredded romaine lettuce**
1	**small avocado, cut into 8 wedges**

1. Cut shrimp along the vein to butterfly. Place in large glass bowl with 1 tablespoon lemon juice, ¼ teaspoon cumin and black pepper. Stir well. Let stand 30 minutes.

2. Meanwhile, for salsa, combine tomatoes, onion, serrano pepper, garlic, cilantro, remaining 1 tablespoon lemon juice, remaining ¼ teaspoon cumin and salt in small bowl. Stir well; set aside.

3. Spray large skillet with nonstick cooking spray and heat over medium heat 30 seconds. Cook shrimp in batches (do not crowd pan) 3 to 4 minutes on each side, or until cooked through.

4. Place 2 shrimp in each taco shell. Add 2 tablespoons salsa, 2 tablespoons lettuce and 1 avocado wedge. Serve remaining salsa on the side.

Seared Scallops Over Garlic-Lemon Spinach

4 SERVINGS | **ABOUT 3 SCALLOPS AND ¼ CUP SPINACH**

▼ **LC**

CAL 172 | **FAT** 5G | **SAT FAT** 1G | **PROTEIN** 28G | **CARBS** 3G | **CHOL** 60MG | **FIBER** 1G | **SODIUM** 480MG

DIETARY EXCHANGE: 3 MEAT

1	**tablespoon olive oil**
1	**pound sea scallops* (approximately 12)**
¼	**teaspoon salt**
⅛	**teaspoon black pepper**
2	**cloves garlic, minced**
1	**shallot, minced**
1	**bag (6 ounces) baby spinach leaves, washed**
1	**tablespoon fresh lemon juice**
	Lemon wedges (optional)

1. Heat oil in large nonstick skillet over medium-high heat. Add scallops; sprinkle with salt and pepper. Cook 2 to 3 minutes per side, or until golden. Remove to large plate; keep warm.

2. Add garlic and shallot to skillet; cook and stir 45 seconds, or until fragrant. Add spinach; cook 2 minutes, or until spinach just begins to wilt, stirring occasionally. Remove from heat; stir in lemon juice.

3. Serve scallops over spinach. Garnish with lemon wedges.

***Note:** Make sure scallops are dry before putting them in the pan so they can get a golden crust.

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Mediterranean Tuna Sandwiches

4 SERVINGS | **1 SANDWICH (2 HALVES)**

CAL 332 | **FAT** 12G | **SAT FAT** 2G | **PROTEIN** 29G | **CARBS** 27G | **CHOL** 31MG | **FIBER** 4G | **SODIUM** 483MG

DIETARY EXCHANGE: 1½ BREAD/STARCH, ½ VEGETABLE, 3½ MEAT LEAN

1	**can (12 ounces) solid white tuna packed in water, drained**
¼	**cup finely chopped red onion**
¼	**cup fat-free or reduced-fat mayonnaise**
3	**tablespoons chopped black olives, drained**
1	**tablespoon plus 1 teaspoon lemon juice**
1	**tablespoon chopped fresh mint (optional)**
1	**tablespoon olive oil**
¼	**teaspoon black pepper**
⅛	**teaspoon garlic powder (optional)**
8	**slices whole-wheat bread**
4	**thin slices tomato**
4	**pieces romaine lettuce**

1. Combine tuna, onion, mayonnaise, olives, lemon juice, mint if desired, olive oil, pepper and garlic powder if desired in large bowl until blended.

2. Top each of 4 slices bread with tomato slice and lettuce leaf. Spoon ⅔ cup tuna mixture over each tomato slice. Top with remaining bread slices. Cut sandwiches in half to serve.

Beef Fajitas

4 SERVINGS | **1 FAJITA**

▲ FI

CAL 240 | **FAT** 7G | **SAT FAT** 2G | **PROTEIN** 29G | **CARBS** 28G | **CHOL** 35MG | **FIBER** 15G | **SODIUM** 610MG

DIETARY EXCHANGE: 1½ VEGETABLE, 2½ MEAT

1 teaspoon ground cumin
1 teaspoon dried oregano
¾ pound well-trimmed boneless beef top sirloin steak (about ¾-inch thick)
Nonstick cooking spray
2 bell peppers (red, yellow, green or a combination) cut into thin 1-inch strips
½ cup thinly sliced yellow or red onion
4 cloves garlic, minced
½ cup jalapeño-flavored salsa
4 7-inch high-fiber whole-wheat flour tortillas, warmed
¼ cup chopped fresh cilantro

1. Rub cumin and oregano over both sides of steak. Coat large nonstick skillet with nonstick cooking spray. Heat over medium heat. Add steak; cook 3 to 4 minutes per side for medium-rare doneness. Transfer steak to carving board; tent with foil and let stand.

2. Add bell peppers, onion and garlic to same skillet. Coat with nonstick cooking spray and cook and stir 4 to 5 minutes, or until vegetables are crisp-tender. Add salsa; simmer 3 minutes.

3. Carve steak into thin slices and return to skillet. Toss well and heat through, about 1 minute. Spoon mixture down center of tortillas; top with cilantro and fold in half.

TIP *Tenting with foil is a way to allow grilled meat to continue to cook without overcooking while you prepare the rest of a recipe. To tent: Drape a large sheet of foil over cooked meat, fold the foil slightly and let it sit loosely over the meat.*

18+

WHAT IS

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AVAXHOME -

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Thai Beef Salad

4 SERVINGS | **1 CUP SALAD WITH 1 LETTUCE LEAF**

▼ **LC**

CAL 141 | **FAT** 4G | **SAT FAT** 2G | **PROTEIN** 13G | **CARBS** 14G | **CHOL** 27MG | **FIBER** 3G | **SODIUM** 238MG

DIETARY EXCHANGE: 2 VEGETABLE, 1½ MEAT

8	**ounces beef flank steak**
¼	**cup soy sauce**
2	**jalapeño peppers,* finely chopped**
2	**tablespoons packed brown sugar**
1	**clove garlic, minced**
½	**cup lime juice**
6	**green onions, thinly sliced**
4	**carrots, diagonally cut into thin slices**
½	**cup finely chopped fresh cilantro**
	Lettuce leaves

1. Place flank steak in resealable food storage bag. Combine soy sauce, jalapeño peppers, brown sugar and garlic in small bowl; pour over flank steak. Seal bag; turn to coat. Marinate in refrigerator for 2 hours.

2. Preheat broiler. Drain steak, discarding marinade. Place steak on rack of broiler pan. Broil 4 inches from heat for 13 to 18 minutes for medium, or to desired doneness, turning once. Remove from heat; let stand 15 minutes.

3. Thinly slice steak across grain. Toss with lime juice, green onions, carrots and cilantro in large bowl. Serve salad immediately over lettuce leaves.

***Note:** Jalapeño peppers can sting and irritate the skin, so wear rubber gloves when handling peppers and do not touch your eyes.

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Garlic Beef

4 SERVINGS | **1 CUP**

▼ **LC**

CAL 214 | **FAT** 9G | **SAT FAT** 3G | **PROTEIN** 27G | **CARBS** 6G | **CHOL** 42MG | **FIBER** 2G | **SODIUM** 320MG

DIETARY EXCHANGE: 1 VEGETABLE, 3 MEAT

1 teaspoon sesame oil
1 pound beef eye of round, trimmed, cut into thin strips
1 package (10 ounces) frozen chopped broccoli
1 tablespoon minced garlic
1 tablespoon light soy sauce
¼ teaspoon black pepper

1. Heat oil in 12-inch nonstick skillet over high heat. Add beef, broccoli, garlic, soy sauce and pepper. Cook, stirring occasionally, 15 minutes, or until beef is done.

TIP *Know the difference between lean and extra lean, and choose cuts of extra-lean beef for your dishes. Lean ground beef must have a lean point of 92% lean/8% fat or higher. Extra-lean ground beef must have a lean point of 96% lean/4% fat or higher. Extra-lean cuts include eye of round roast and steak, top sirloin steak, top round roast and steak, and bottom round roast and steak.*

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Beef With Cabbage and Carrots

4 SERVINGS

▼ **LF** | ▼ **LC**

CAL 130 | **FAT** 4G | **SAT FAT** 1G | **PROTEIN** 18G | **CARBS** 7G | **CHOL** 45MG | **FIBER** 2G | **SODIUM** 220MG

DIETARY EXCHANGE: 1 VEGETABLE, 2 MEAT

¾	**pound 90% lean ground beef**
4	**cups shredded cabbage**
1½	**cups shredded carrot (1 large carrot)**
½	**teaspoon caraway seeds**
2	**tablespoons seasoned rice vinegar**
	Salt and black pepper

1. Brown ground beef in large skillet. Drain. Reduce heat to low.

2. Stir in cabbage, carrot and caraway seeds; cover. Cook 10 minutes, or until vegetables are tender, stirring occasionally. Stir in vinegar. (Add 1 tablespoon water for extra moistness, if desired.)

3. Season with salt and pepper to taste.

Variation: Substitute 1 teaspoon sugar and 1 tablespoon white wine vinegar for 2 tablespoons seasoned rice vinegar.

ANGELA SACKETT

Fresh Fruit Medley With Yogurt Sauce

4 SERVINGS

▼ **LF** | ▼ **LS**

CAL 93 | **FAT** 2G | **SAT FAT** 1G | **PROTEIN** 3G | **CARBS** 18G | **CHOL** 3MG | **FIBER** 3G | **SODIUM** 22MG

DIETARY EXCHANGE: 1½ FRUIT

1 peach, peeled and diced
1 orange, sectioned
1 cup blueberries
1 cup sliced strawberries
1 tablespoon orange juice concentrate
¼ cup low-fat yogurt
2 tablespoons part-skim ricotta cheese
⅛ teaspoon ground ginger
⅛ teaspoon ground cinnamon
½ teaspoon vanilla extract
4 walnut halves

1. Combine fruit and orange juice concentrate in large bowl.

2. Process yogurt, ricotta cheese, ginger, cinnamon and vanilla in blender.

3. Portion fruit into bowls. Top with yogurt sauce and walnuts.

ANGELA SACKETT

TIP *Yogurt is a perfect food to begin or end your day with. What's not to love? Even if you have problems digesting lactose, yogurt is usually well tolerated. It's also a good source of protein (about 8 grams per 6-ounce serving), plus it also has other nutrients found in dairy foods, such as calcium, B vitamins, potassium and magnesium. Calcium, potassium and magnesium have been shown to manage high blood pressure, and if you have high blood pressure, the DASH (Dietary Approaches to Stop Hypertension) diet recommends 2 to 3 servings of dairy foods. One cup of low-fat yogurt equals one serving. Choose low-fat yogurt with reduced or no added sugar. Add fruits, nuts or whole-grain cereals to enhance the yogurt experience.*

Very Berry Yogurt Parfaits

4 SERVINGS | **1 PARFAIT**

▼ **LF** | ▼ **LS**

CAL 179 | **FAT** 3G | **SAT FAT** 1G | **PROTEIN** 10G | **CARBS** 33G | **CHOL** 4MG | **FIBER** 3G | **SODIUM** 104MG

DIETARY EXCHANGE: 1½ FRUIT, 1 MILK

3	**cups plain, nonfat yogurt**
2	**tablespoons sugar-free berry preserves**
1	**packet sugar substitute***
½	**teaspoon vanilla**
2	**cups sliced fresh strawberries**
1	**cup fresh blueberries**
4	**tablespoons sliced toasted almonds**

1. Combine yogurt, preserves, sugar substitute and vanilla in medium bowl.

2. Layer ½ cup yogurt mixture, ¼ cup strawberries, ¼ cup blueberries and ¼ cup yogurt mixture in each of four dessert dishes. Top each parfait with remaining ¼ cup strawberries and 1 tablespoon almonds. Serve immediately.

***Note:** This recipe was tested with sucralose-based sugar substitute.

Note: These parfaits would also be delicious topped with low-fat granola. Or try another flavor of preserves for a simple variation.

TIP *Pick your favorite berries! Whether it is blueberries, raspberries, strawberries or another, make sure to keep them in your refrigerator. Not in season? Buy them frozen and keep them handy to add to yogurt, shakes or oatmeal. Berries are rich in phytonutrients that have antiinflammatory and antioxidant properties.*

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▲ **FI HIGH-FIBER** | ▼ **LF LOW-FAT** | ▼ **LC LOW-CARBOHYDRATE** | ▼ **LS LOW-SODIUM**

Honey Granola With Yogurt

6 SERVINGS | ABOUT ½ CUP YOGURT MIXTURE WITH ¼ CUP STRAWBERRIES AND 2 ROUNDED TABLESPOONFULS GRANOLA

▼ **LS**

CAL 154 | **FAT** 4G | **SAT FAT** 1G | **PROTEIN** 9G | **CARBS** 22G | **CHOL** 2MG | **FIBER** 2G | **SODIUM** 89MG

DIETARY EXCHANGE: ½ BREAD/STARCH, ½ FAT, ½ FRUIT, ½ MEAT, ½ MILK

	Nonstick cooking spray
½	**cup old-fashioned oats**
¼	**cup sliced almonds**
2	**tablespoons toasted wheat germ**
1	**tablespoon orange juice**
1	**tablespoon honey**
½	**teaspoon ground cinnamon**
1½	**cups whole strawberries**
4	**containers (6 ounces each) plain fat-free yogurt**
1	**teaspoon vanilla**

1. Preheat oven to 325°F. Lightly spray 8-inch square baking pan with nonstick cooking spray.

2. Combine oats, almonds and wheat germ in small bowl. Combine orange juice, honey and cinnamon in another small bowl. Add juice mixture to oat mixture; mix well. Spread mixture evenly in prepared pan.

3. Bake 20 to 25 minutes, or until toasted, stirring twice during baking. Spread mixture on large sheet of foil; cool completely.

4. Slice strawberries. Combine yogurt and vanilla in medium bowl. Layer yogurt mixture, granola and strawberries in 6 dessert dishes.

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Pineapple Frozen Yogurt

4 SERVINGS | **½ CUP FROZEN YOGURT**

▼ **LF** | ▼ **LS**

CAL 130 | **FAT** 1G | **SAT FAT** 1G | **PROTEIN** 5G | **CARBS** 25G | **CHOL** 59MG | **FIBER** 1G | **SODIUM** 79MG

DIETARY EXCHANGE: 1½ BREAD/STARCH, ½ FAT

¼	**cup pasteurized or cholesterol-free egg substitute**
¼	**cup sugar**
½	**cup fat-free half-and-half**
½	**cup plain, reduced-fat yogurt**
¾	**cup crushed pineapple in juice**

1. Beat egg substitute and sugar in medium bowl until thick and cream-colored. Add half-and-half, yogurt and pineapple; mix well. Refrigerate mixture completely before adding to ice cream maker.

2. Follow manufacturer's directions for ice cream maker, or pour mixture into shallow glass baking dish and place in freezer. Stir and scrape mixture with rubber spatula every 10 minutes for about 1 hour, or until it reaches desired consistency.

▲ **FI HIGH-FIBER** | ▼ **LF LOW-FAT** | ▼ **LC LOW-CARBOHYDRATE** | ▼ **LS LOW-SODIUM**

Strawberries With Honeyed Yogurt Sauce

4 SERVINGS | ABOUT ¼ CUP DIP WITH ABOUT 7 STRAWBERRIES

▼ LF | ▼ LS

CAL 88 | **FAT** 1G | **SAT FAT** 1G | **PROTEIN** 4G | **CARBS** 16G | **CHOL** 4MG | **FIBER** 4G | **SODIUM** 41MG

DIETARY EXCHANGE: 1 FRUIT, ½ MILK

1	cup plain low-fat yogurt
1	tablespoon orange juice
1-2	teaspoons honey
	Ground cinnamon
1	quart fresh strawberries, stems removed

1. Combine yogurt, juice, honey and cinnamon to taste in small bowl; mix well. Serve sauce over strawberries.

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Yogurt Parfait With Caramelized Apples

4 SERVINGS | **1 PARFAIT**

▼ **LS**

CAL 240 | **FAT** 6G | **SAT FAT** 3G | **PROTEIN** 18G | **CARBS** 28G | **CHOL** 5MG | **FIBER** 1G | **SODIUM** 125MG

DIETARY EXCHANGE: 1 BREAD/STARCH, 1 FAT, 1 FRUIT, 1 MEAT

2	**tablespoons light whipped butter**
2	**Granny Smith apples, cut into ½-inch pieces**
2	**tablespoons packed brown sugar**
¼	**teaspoon cinnamon**
3	**cups vanilla nonfat Greek yogurt**
2	**tablespoons chopped peanuts**

1. Melt butter in large skillet over medium-high heat. Add apples, brown sugar and cinnamon; cook and stir 5 minutes, or until apples are crisp-tender.

2. Spoon ¾ cup yogurt into each of four dessert dishes. Spoon apple mixture evenly over yogurt. Top evenly with peanuts.

SHUTTERSTOCK

▲ **FI** **HIGH-FIBER** | ▼ **LF** **LOW-FAT** | ▼ **LC** **LOW-CARBOHYDRATE** | ▼ **LS** **LOW-SODIUM**

recipe index

NO-FUSS BREAKFASTS

39 **Banana-Pineapple Breakfast Shake** ▼ **LF** | ▼ **LS**
40 **Quick Breakfast Blintzes**
41 **Berry Oatmeal With Vanilla Sweet Cream** ▲ **FI** | ▼ **LF** | ▼ **LS**
42 **Cherry-Orange Oatmeal** ▼ **LF** | ▼ **LS**
43 **Peanut Butter Cereal Bars** ▼ **LF** | ▼ **LC** | ▼ **LS**
44 **Scrambled Egg Burritos**
45 **Scrambled Egg and Red Pepper Pockets**

SIZZLING SEAFOOD

46 **Baked Fish With Tomatoes & Herbs** ▼ **LC**
47 **Skillet Fish With Lemon Tarragon "Butter"** ▼ **LF** | ▼ **LC**
48 **Fish Tacos With Cilantro Cream Sauce** ▲ **FI**
49 **Honey-Mustard Salmon** ▼ **LC**
50 **Broiled Cod With Salsa Salad** ▼ **LF** | ▼ **LC**
51 **Shrimp Tacos** ▼ **LC**
52 **Seared Scallops Over Garlic-Lemon Spinach** ▼ **LC**
53 **Mediterranean Tuna Sandwiches**

BELLY-FILLING BEEF

54 **Beef Fajitas** ▲ **FI**
55 **Thai Beef Salad** ▼ **LC**
56 **Garlic Beef** ▼ **LC**
57 **Beef With Cabbage and Carrots** ▼ **LF** | ▼ **LC**

YUMMY YOGURT

58 **Fresh Fruit Medley With Yogurt Sauce** ▼ **LF** | ▼ **LS**
59 **Very Berry Yogurt Parfaits** ▼ **LF** | ▼ **LS**
60 **Honey Granola With Yogurt** ▼ **LS**
61 **Pineapple Frozen Yogurt** ▼ **LF** | ▼ **LS**
62 **Strawberries With Honeyed Yogurt Sauce** ▼ **LF** | ▼ **LS**
63 **Yogurt Parfait With Caramelized Apples** ▼ **LS**

Just the Facts

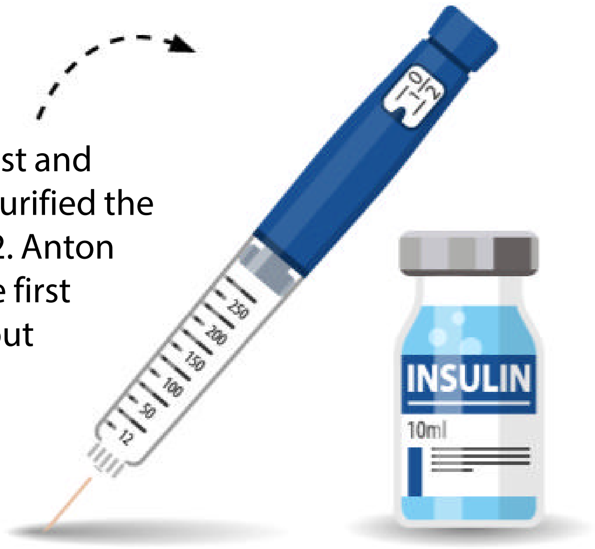
BY DIANE FENNELL

5

Walnuts are the oldest tree food known to man, having been eaten by humans since 7000 B.C. Macadamia nuts are not picked, but harvested off the ground after falling from the tree. Brazil nut trees take 10 to 30 years to mature. Interested in more nut-trition facts? See "Nuts and Seeds" (page 21) to learn about some top picks.

4

Insulin was discovered in 1921 by Sir Frederick Banting, Charles Best and John MacLeod at the University of Toronto. James Bertram Collip purified the medicine, which was first used in the treatment of diabetes in 1922. Anton Huber Clemens invented the first blood glucose meter in 1971. The first insulin pump, invented in 1974, was called the Biostator. Learn about cutting-edge technology in "New Diabetes Tools" (page 24).


INSULIN
10ml
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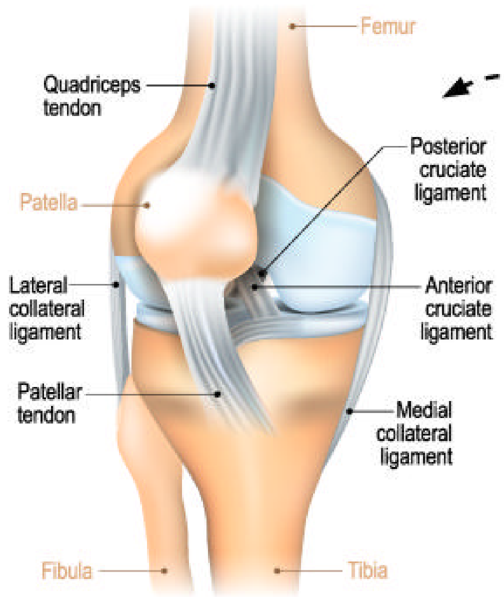
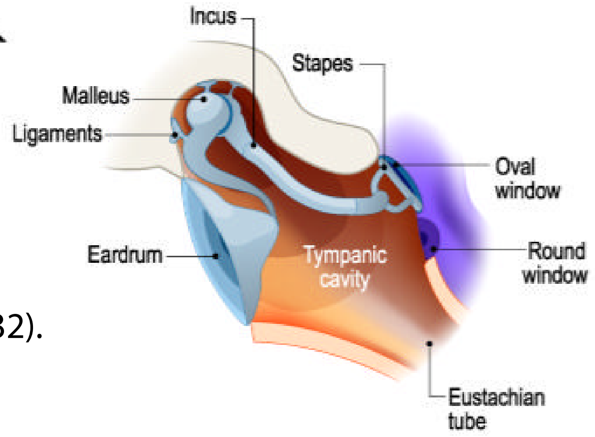

Femur
Quadriceps tendon
Posterior cruciate ligament
Patella
Lateral collateral ligament
Anterior cruciate ligament
Patellar tendon
Medial collateral ligament
Fibula
Tibia

3

Joints are where two bones meet. Ligaments connect bone to bone, while tendons connect bone to muscle. Some joints, such as those in the skull, don't move. The largest joint in the body is the knee. Check out "Freely Movable Joints" (page 18) for movements to help keep your joints in tip-top shape.

2

The smallest bones in the body are in the middle ear. Hearing depends on roughly 15,000 hair cells. Exposure to loud sounds is the number one cause of hearing loss, and even a single exposure can permanently damage the ears. Want to make the most of your hearing? Listen to the advice in "Give Hearing Aids a Chance" (page 32).


Incus
Stapes
Malleus
Ligaments
Oval window
Eardrum
Tympanic cavity
Round window
Eustachian tube

1

The arcade game "Snake," available on the Nokia 6110 phone in 1997, is considered by many to be the first mobile app, according to Inventionland.com. The App Store launched for the iPhone in 2008 with 500 apps. TikTok and Zoom were the two most downloaded apps of 2020. Want to learn about how apps can help improve your health? Read "Health in the Palm of Your Hand" (page 28) and "Tech to the Rescue" (page 22).

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220
180
140
100
60
20

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1. HRW (2014) Impact of Unifine Pentips Plus on pen needle changing behaviour amongst people with diabetes medicating with injectable formats. 2. Unifine Pentips Plus was preferred by 61% of patients to their standard pen needle. 3. Complete compatibility information available on owenmumford.com 4. Independent and chain pharmacy co-pay adjudication (April 2016). Actual coverage and co-pay may vary from setting to setting, and insurer to insurer. Data on file. 5. Avilable while supplies last. DSMAD2020/OMI/0920/1/US

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